



VILLAGES NORTHERN PORTUGAL

www.portoenorte.pt

TURISMO DO PORTO E NORTE DE PORTUGAL

portoenorte PT

general coordination

Isabel Ferreira de Castro

technical team

Pedro Botelho
Sandra Martins
Clotilde Rio (ATA)

texts

ATA – Associação do Turismo de Aldeia

photographs

ATA – Associação do Turismo de Aldeia

design

Cristina Lamego

translation

BabeliUM
Centro de Línguas da Universidade do Minho

printing

Lidergraf

legal deposit

444764/18

edition

TPNP©2018

4	Preface	68	Tongóbriga		Terras de Bouro
8	Map		Melgaço	128	Cutelo
		70	Branda da Avelera	130	Santa Isabel do Monte
10	Alfândega da Fé	72	Castro Laboreiro		Torre de Moncorvo
	Sambade		Mesão Frio	132	Carviçais
	Alijó	74	Cidadelhe		Vale de Cambra
12	Favaíos		Miranda do Douro	134	Felgueira
	Amarante	76	Picote	136	Trebilhadouro
14	Lugar da Rua (Aboadela)		Mirandela		Valongo
16	Ovelhinha	78	Abreiro	138	Couce
	Amares		Mogadouro		Viana do Castelo
18	Urjal	80	Bemposta	140	Historical Area of Passagem
	Arcos de Valdevez		Monção		Vieira do Minho
20	Sistelo	82	Ponte de Mouro	142	Agra
22	Soajo		Mondim de Basto	144	Campos
	Arouca	84	Travassos	146	Espindo
24	Meitriz		Montalegre	148	Lamalonga
26	Paradinha	86	Vila da Ponte	150	Louredo
	Baião		Oliveira de Azeméis		Vila Flor
28	Almofrela	88	Ul	152	Freixiel
30	Porto Manso		Paredes		Vila Nova de Cerveira
	Boticas	90	Castromil	154	Covas
32	Vilarinho Seco		Paredes de Coura		Vila Nova de Foz Côa
	Bragança	92	Bico	156	Freixo de Numão
34	Montesinho	94	Porreiras		Vila Pouca de Aguiar
36	Rio de Onor		Penafiel	158	Tresminas
	Cabeceiras de Basto	96	Cabroelo		Vila Real
38	Busteliberne	98	Figueira	160	Lamas d'Olo
40	Moimenta	100	Quintandona		Vila Verde
	Caminha		Penedono	162	Gondomar
42	Rural Group of Argas	102	Souto	164	Santo António de Mixões da Serra
	Carrazeda de Ansiães		Ponte da Barca		Vimioso
44	Vilarinho de Castanheira	104	Germil	166	São Joanico
	Celorico de Basto	106	Lindoso		
46	Castelo		Ponte de Lima		
	Cinfães	108	Cabração	168	Tourist Information
48	Boassas		Póvoa de Lanhoso		
50	Vale de Papas	110	Carreira		
	Fafe		Ribeira de Pena		
52	Mós	112	Agunchos		
54	Pontido	114	Santo Aleixo de Além Tâmega		
	Felgueiras		Sabrosa		
56	Codeçais	116	Provesende		
58	Burgo		Santa Maria da Feira		
	Freixo de Espada à Cinta	118	Porto Carvoeiro		
60	Poaires		São João da Pesqueira		
	Gondomar	120	São Xisto		
62	Areja		Sernancelhe		
	Macedo de Cavaleiros	122	Lugar da Lapa		
64	Chacim		Tabuaço		
	Marco de Canaveses	124	Barcos		
66	Canaveses	126	Granja do Tedo		

The “village”, a result of the paradigm of modernity, represents one of those rural interaction spaces that urgently needs to be reinvented



Since the “village” symbolizes the strength of localism, it is imperative that we reconsider working toward its preservation. All in the name of a reality far more human and intimately connected to the origins of social and political organization. Therefore, it is with great pleasure that the Regional Tourism Board of Porto and Northern Portugal, in partnership with the Associação do Turismo de Aldeia (ATA), proudly presents the “Villages of Northern Portugal” brochure. This is another significant document that emerges from the structure of supply and the promotion of tourist resources within our territory, thus representing an added value in the process of stimulating the local economy and an interesting cultural,

material and intangible heritage. Once a territorial unit of great social, economic, cultural and anthropological value, the “village”, a result of the paradigm of modernity, is one of those rural interaction spaces that urgently needs to be reinvented. This will definitely help us fill in the void that cities with a megalomaniac nature often leave us with. It is my strong belief that this work, supported by the wonderful experiences that we offer you, will help contradict this reality. I am confident that you will share our enthusiasm for this idea. Please accept our invitation to come and visit us.

We look forward to seeing you around here, whenever you wish to visit us!



ANA PAULA XAVIER
ATA's Chairman of the Board

Rural spaces are characterized by their long existence and for preserving legacies of great heritage and cultural value. These places are also increasingly associated with a past made of traditions, expressed and translated by their people, culture, ways and customs

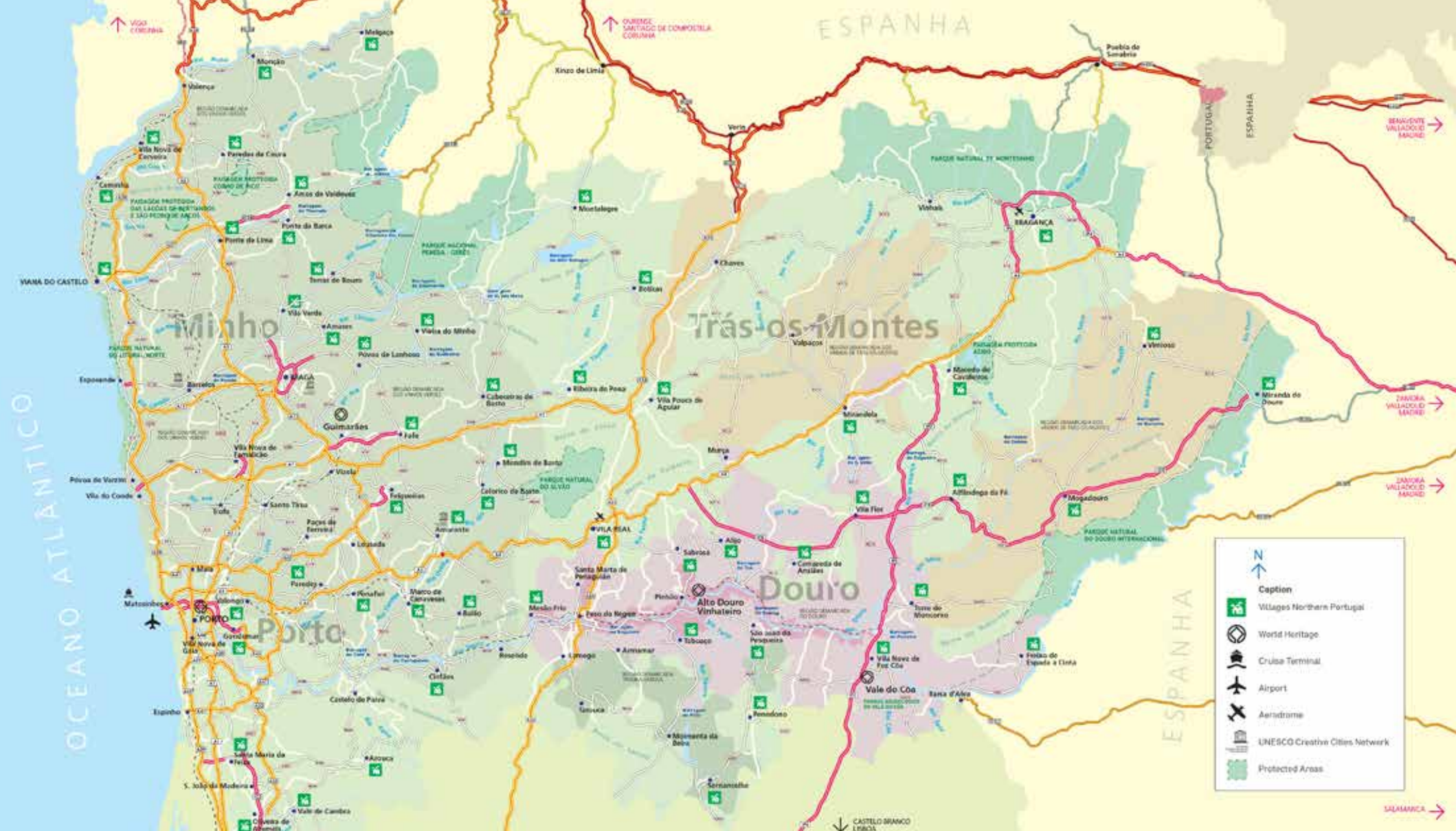
The Associação do Turismo de Aldeia (ATA) has made an important effort concerning the integrated sustainable development of tourism in rural areas, the development of local products and resources and the preservation of the heritage and culture of the rural world.

The villages of the Northern Region boast places that are truly unique, with beautiful and memorable landscapes and a rich architectural heritage. These aspects are inseparable from other issues, such as cultural diversity, cuisine and the hospitality of their people.

This guide is aimed at promoting these villages that offer visitors a range of products and assets certified

with the "Portuguese Villages" official stamp. This brand is a form of certification that actually awards rural villages with excellent standards for a unique, unrivalled and more personalized tourist product, and for valuing hospitality, moments of leisure and traditions, thus offering their visitors a true "rural experience".

So be adventurous and discover the best of what the genuine rural world has to offer you!



N
↑

Legend:

- Villages Northern Portugal
- World Heritage
- Cruise Terminal
- Airport
- Aerodrome
- UNESCO Creative Cities Network
- Protected Areas

SALAMANCA →



Sambade village is located near Bornes mountain, between the two sources of the Zacarias stream, affluent of the Sabor river, in the municipality of Alfândega da Fé. The village has been inhabited since ancient times, as the Barrows (Mamoas) of Bornes, in the Vila Nova area, and the Fragas (Cliffs) of Moura bear witness to.

The surrounding landscape will capture your attention due to the richness and colour of the large chestnut plantations: you will be dazzled by the scenery from São Sebastião Viewpoint!

At the village, there are a few tourism houses where you can enjoy relaxing days on the mountain! Afterwards, do set off on an

adventure and discover its heritage! In the village centre, the traditional houses with their Moorish tile roofs stand out, as well as the windows parapets with granite details and small balconies.

Notice the 18th-century Main Church, classified as a building of public interest, in the Shrine of Nossa Senhora das Neves, the Churches of São Sebastião, Senhora do Rosário, Santo António and São Roque. We also suggest you take a closer look at the Cross (Cruzeiro), the Dipping Wells (Fontes de Mergulho) and the old fountains with water troughs for the animals.

If you enjoy hiking, be adventurous and climb up to the main peak of Bornes mountain, at an altitude of

SAMBADE ALFÂNDEGA DA FÉ



1200 meters. And don't leave without first visiting the Sambade dam. The local cuisine includes the meat bread, lamb and kid goat roasted in a firewood oven, smoked meat and churra sheep cheese from Bornes mountain. The traditional handicrafts include weaving, wicker basketry, footwear and embroidery.

Tourist attractions

Museu da Banda Filarmónica de Sambada (Sambade Brass Band Museum), Main Church (dating from the 18th century - Building of Public Interest), Shrine of Nossa Senhora das Neves, large chestnut plantations

Routes and trails

Bornes Mountain Trail and Alvazinhos Trail

Interpretation/Information centres

Territory Interpretation Centre and Technological and Cultural Centre

Nature

Bornes Mountain

Water resources

Sambade Dam

Sports

Sambade Adventure Club (All Terrain Tours and Wild Boar Hunting take place every year)

Handicrafts and local products

Fumeiro d'Avó Maria - Smoked Meat
Regional Cuisine

Accommodation

Casas do Bairro (Country Houses), Bota-te à Descoberta (rural accommodation unit of Covelas), Alfândega da Fé Hotel & Spa

Entertainment

Festival Sete Sóis Sete Luas, Festas da Montanha (Mountain Festival), Festivals in Honour of Nossa Senhora das Neves

Sambade Village

Sambade - Alfandega da Fé

GPS: N 41.413376 O -6.973867



FAVAIOS ALIJÓ

Known for its *moscatel* wine, Favaios has a few surprises in store for you! Located in the municipality of Alijó, Favaios is part of the Douro Wine Region, a World Heritage site. Set on one of the most beautiful plateaus in the region, once you arrive at this village, stop, listen, observe and get ready for a journey of the senses! In addition to the breathtaking landscape, the archaeological marks, the houses emblazoned with coats of arms and the religious monuments, Favaios offers its visitors a mouth-watering cuisine!

As you travel across this vast heritage that can be explored during a visit to Favaios, you can start by visiting the walls of the “Moors Castle” (Castelo dos Mouros), the Main Church of São

Domingos, which has the tallest bell tower in the municipality, and Quinta de São Jorge, where you can find a Roman funerary stele. The bread and the wine have a long local tradition, which you can discover in more detail during a visit to the Bread and Wine Museum. Don't miss the chance to taste the bread that is made here, a true delicacy baked in a traditional bakery: taste the famous Favaios bread and indulge yourself with the “four-corner bread” or the meatloaf. However, this cuisine has more to offer and it is always accompanied by good regional wines; whether they are fortified or table wines, there are many options that you should not miss! The visit is not completed without a trip to the Adega

Cooperativa de Favaios (wine cellar). A good souvenir to take home from the village is the famous “Favaios Moscatel”, a Moscatel unique in the world!

Tourist attractions

Main Church of Favaios (Church of São Domingos), Bread and Wine Museum, Square Fountain, Chapel of Senhor Jesus do Outeiro, Favaios Cross (Cruzeiro)

Nature

Alto Douro Wine Region – UNESCO World Heritage Site

Viewpoints

Santa Bárbara Viewpoint

Parks and Gardens

Teixeira Sousa Square Garden

Cooperative Wine Cellars

Adega Cooperativa de Favaios (Favaios Cooperative Wine Cellar)

Handicrafts and local products

Favaios bread or the “four-corner bread”, Favaios Moscatel

Entertainment

Quinta da Avessada – Wine Cellar and Interactive Museum

Favaios Village

Favaios – Alijó

GPS: N 41.266676 O -7.500062



LUGAR DA RUA (Aboadela)
AMARANTE

Lugar da Rua is a small village with typical houses and traditional agriculture constructions in a good state of repair. At first glance the simplicity of this village will surprise and delight you.

A more detailed visit will do the rest. There is History and stories to discover, handicrafts, as well as natural and human wealth.

Lugar da Rua was, once upon a time, the county seat of Ovelha do Marão and the memories of that past can still be seen in the village centre. In the old Town Hall, visitors can see the coat of arms, once a symbol of the local power and autonomy. In order to learn more about the region, we suggest you visit the Interpretation and Cultural Centre of Marão, where



you will be able to buy several local products, from handicrafts to food products. The Interpretation Centre provides support accommodation units for the enthusiasts of nature tourism. The river beach is an invitation to rest and enjoy moments of leisure. Starting in the village, visitors can also explore the natural wonders of Marão Mountain, through the hiking trails. This is an extraordinary way to discover the History of the village, across ancient trails and in perfect communion with the local fauna and flora. As for the cuisine, don't miss the chance to try the chicken blood rice and the kid goat roasted in the oven. Enjoy your meal with a fresh *vinho verde* from the region.

Tourist attractions

Chapel of Nossa Senhora da Conceição, Church of Aboadela, Pillory of Ovelha do Marão, Old Elementary School of Lugar de Rua, 17th-century Cross, Roman Bridge

Interpretation/Information centres
Interpretation and Cultural Centre of Marão

River beaches

Lugar da Rua River Beach

Accommodation

Casal de Aboadela

Lugar da Rua
Aboadela – Amarante
GPS: N 41.276894 O -7.993767



Located on the banks of the Fornelo river, Ovelhinha is a small typical village that seems to have risen from the ashes. During the French Invasions, when the French troops beat a hasty retreat from Amarante, they set fire to Ovelhinha, which still nowadays preserves the ruins of some of the houses that were destroyed by the fire.

This is a small traditional village, with granite houses and a few manor houses, as Vila Seca House, Ribeiro House or Ovelhinha House, dating from the 17th century. The Chapel of Santo Amaro is a place of pilgrimage during the festivals in honour of this saint. If you visit the region during the hot months of the year, you can cool off on the river beach created on the banks of the Fornelo river, which provides all the necessary conditions to enjoy a wonderful day. Throughout the year, the entertainment is guaranteed by the Cavalinho Fair, which attracts hundreds of visitors every month and where vendors sell a bit of everything, from tools for farming and the livestock, to clothing and footwear, sweets, horses, donkeys and other farm animals. And, of course, a land of mills is almost always a land of bread! In fact, you should know that the Ovelhinha Bread was created here, the so-called “four-corner bread” also known as Padronelo Bread. A few bakeries in the region still make the bread in old moulds and in wood-burning clay ovens, so don't miss the opportunity to taste it. As a souvenir, look for black clay handicrafts. In the Casa do Oleiro

OVELHINHA AMARANTE



you will find precious examples of one of the region's greatest crafts.

Tourist attractions

Chapel of Ovelhinha, Monastery of Gondar, Parish Church of Ovelhinha, Moors Press, Tapado Mediaeval Press, Museu Rural do Marão (Rural Museum)

River beaches

Larim Beach

Handicrafts and local products

Casa do Oleiro

Picnic spots

Larim River Beach Park

Accommodation

Quinta do Peso

Ovelhinha Village

Gondar – Amarante

GPS: N 41.248704 O -8.030523



URJAL AMARES



Urjal village is set on the slopes of Santa Isabel mountain and Abadia hill. It is part of Seramil parish, in the municipality of Amares.

In the historical village centre, a few granaries and a group of rustic houses stand out. These houses are typical of Minho and some of them have been restored and adapted for rural tourism. Don't miss the opportunity to stay at one of these houses: the tranquillity and close contact with nature are guaranteed! We also suggest that you take a closer look at the two well-preserved watermills that can be found at one end of the village.

Near Urjal, more precisely in the Santa Isabel Mountain, there is a section of a *Geira Romana* (Roman road) or a new Roman road (*via XVIII antonina*).

Since you are here, take the opportunity to enjoy the breathtaking view over the terraced hillsides and the green pastures freckled by the region's famous orange groves! The Shrine of Nossa Senhora da Abadia, located in Abadia Hill (Monte da Abadia), is the oldest Marian shrine in Portugal. The 4-Paths picnic park is the perfect place to relax and enjoy the culinary specialities typical of Urjal: the corn cake and the sardine cake!

Tourist attractions

Shrine of Nossa Senhora da Abadia,
Chapel of Nossa Senhora de Fátima,
Section of the *Geira Romana*
(Roman road - *Via Romana XVIII*)

Accommodation

Casa da Sequeira d'Urjal, Casa da Urze, Casa de Chouselas, Quinta Rocha

Urjal village

Seramil – Amares

GPS: N 41.677864 O -8.312875



SISTELO
ARCOS DE VALDEVEZ

Sistelo village is located in the municipality of Arcos de Valdevez, in the Peneda-Gerês National Park, near the source of the Vez river. Famous for its terraced landscapes, where corn is grown and cattle graze, the village is very well preserved, with typical restored granite houses, granaries and public wash houses. The Sistelo Castle, a landmark of the village, deserves a thorough visit: dating from the 19th century, this is the palace where the Viscount of Sistelo lived. Walk around the narrow streets of Sistelo and admire the Parish Church, the House of the Viscount of Sistelo, the Roman Bridge and the Mill, the Sistelo bridge downstream, the Chapel of Nossa Senhora dos Aflitos and the



Chapels of Santo António, São João Evangelista, Senhora dos Remédios and Senhora do Carmo. Don't miss the opportunity to go up to Chã da Armada Viewpoint so you can admire the magnificent panoramic view! If you enjoy nature walks, take the Brandas de Sistelo Trail (10 km), which begins at the village, and discover the "brandas" of Covo River, in Sistelo, the "brandas" of Athal, in Padrão, and the "brandas" of Cerradinha. The "brandas" were lands where sheep were once grazed in the summer. The typical handicrafts of the village are round wool socks and wool aprons. Enjoy yourself and take home a few products as souvenirs!

The Castle of Sistelo, a landmark of the village, actually deserves a thorough visit: dating from the 19th century, this is the palace where the Viscount of Sistelo lived

Tourist attractions

Castle of Sistelo, Chapel of Nossa Senhora dos Aflitos, Sistelo Mediaeval Bridge, Main Church of Sistelo

Routes and trails

"Brandas de Sistelo" Short Route

River beaches

Sistelo River Beach

Picnic spots

Sistelo Picnic Park

Accommodation

Casa da Avó, Casa da Terezinha, Casa do Avô

Sistelo Village

Sistelo - Arcos de Valdevez

GPS: N 41.972405 O -8.374242



Soajo, one of the most typical Portuguese villages, is located in one of the slopes of Peneda mountain, in the Peneda-Gerês National Park.

The village was a town and county seat between 1514 and the mid-19th century. However, its history began long before that, as it is evidenced by the Rock Shrine of Gião, in the Soajo mountain, and the several dolmens and barrows that are found in the area.

The village has a large group of granaries (classified as a property of public interest) built on a gigantic granite slab and which are still used today by the locals for drying corn. While roaming around the streets paved with granite slabs, pay attention to the typical houses that were built

with the same material. We also suggest you take a closer look at the mediaeval path, which will give you a panoramic view of the village. The several tourism houses that exist in the village are a result of the restoration of old buildings. These are well restored spaces that still keep their traditional style and provide a very comfortable stay. Explore the National Park, Eiró and Mezio and the Lindoso reservoir. Lose yourself in the natural beauty of Soajo and don't miss the chance to go for a swim in the cool waters of the "Black Well" (Poço Negro), one of the most famous lagoons of the Adrão river. Enjoy the village's typical recipes: Soajo-style kid goat, chicken blood rice, *charutos de ovos-moles* (typical sweet) and

SOAJO

ARCOS DE VALDEVEZ



Soajo sponge cake. The Soajo Traditional Arts and Crafts Fair takes place in August: take the opportunity to learn a little bit more about this village through the hands of the village people.

Tourist attractions

Group of Granaries of Soajo, Main Church of Soajo, Mezio Dolmen, Mediaeval Path, Casa do Adro, Pillory of Soajo

Interpretation/Information centres

Mezio Door (Peneda-Gerês National Park)

Handicrafts and local products

Ermelo Orange, tarrestre bean from Penedo and Soajo mountains

Picnic spots

Mezio Picnic Park



Where to eat

Saber ao Borrvalho, O Espigueiro, O Videira

Accommodation

Casa de Pereiró, Casa do Eiró, Casa João Fidalgo, Casas do Souto, Casa dos Videiras

Sistelo Village

Sistelo - Arcos de Valdevez

GPS: N 41.8743 O -8.263230



The traditional design, the green surroundings and the river beach are landmarks of Meitriz. Bounded by the Paiva river, Meitriz preserves the old features of the schist and slate houses, of the roads and farming terraces. Located between two mountains, Montemuro and Arada, the village has a unique landscape, which is enhanced by the Paiva river, thus creating a pleasant river beach. If you visit the village during the hot months, you must go for a swim in these crystal waters. You can also go rafting in this river, which is considered one of the least polluted watercourses in Europe. If you prefer walking, you can choose the *Tormentas* (torment) Route, a hiking trail that crosses the village and contrary to what the name implies, it promises to be a wonderful walk! Even nowadays, in this natural space of rare beauty, farming is still the main activity, as you will be able to see during a walk through the village. Let yourself be embraced by the natural beauty of Meitriz and its own identity, namely the terraces revealing the village's strong rural nature. The village dresses up for its religious celebrations: Santa Barbara, in the first Sunday of May, Our Lady of Fátima, in the last Sunday of August and Santo António and São Sebastião, both on 4 December.

Tourist attractions

Chapel of Janarde, Regoufe old tungsten mines

MEITRIZ AROUCA



Nature

Paiva River - Natura 2000 Network (site No. 22), Montemuro and Arada Mountains

River beaches

Meitriz Bridge River Beach


Picnic spots

Meitriz Bridge Picnic Park

Meitriz Village

Janarde - Arouca

GPS: N 40.920414 - O 8.132017



The Paiva river and the natural landscape of the mountain create a special setting for this small village, which is a lovely retreat of another era ready to be discovered

PARADINHA AROUCA

The schist and slate can be seen all over the group of houses of Paradinha, a village born in the mountain and leaning against it. The Paiva river and the natural landscape of the mountain create a special setting for this small village, which is a lovely retreat of another era ready to be discovered. Start off by taking in the magnificent view while travelling along an old twisty road. The Mira Paiva viewpoint is a panoramic spot that offers a view over the entire surrounding area, as far as the Paiva river. From here you can enjoy a broad panoramic view and see Paradinha village with its group of schist and slate houses, the small farming lands in terraces and the river beach. Afterwards, head back down to the village. In addition to the

traditional houses, here you can find many traces of ancient traditions and of the village's daily life, such as the millstones, mills, oxcarts, ploughs and other farming tools, as well as threshing floors, granaries, ovens, wine cellars, fireplaces and oil presses that once were part of the daily routines of the past. The auditory landscape is marked by the constant water flow of the Paiva river, a peaceful music for the ears of everyone crossing the village. The sound has already charmed many people who have gone to the "Sons de Água" (Water Sounds) concert, which takes place in August on the river beach. Besides providing colour and freshness to the place, the river is also perfect to practice several adventure

sports. Don't miss the chance to walk along the trails and enjoy the colours of nature in the diversity of vegetation that the village embraces, thus making it a place of rare beauty.

Tourist attractions

Chapel of Paradinha, Group of Schist Houses

Interpretation/Information centres

Geological Interpretation Centre of Canelas

Nature

Arouca Geopark, Paiva River

Viewpoints

Mira Paiva Viewpoint

River beaches

Paradinha River Beach

Picnic spots

Paradinha Picnic Park



Entertainment

"Sons de Água" Annual Concert

Paradinha Village

Alvarenga - Arouca

GPS: N 40.935743 O -8.173162



Almofrela village is located on the slope of Aboboreira mountain, at an altitude of approximately 750 meters. Between a beautiful agricultural mosaic of meadows and fields, dotted with trees and flowers, there is a small cluster of traditional houses, threshing floors, granaries and water channels. However, as it is frequently the case with these mountain villages, the cuisine, the festivals, the pilgrimages and its people are the main tourist attractions for anyone visiting Almofrela. In terms of flavours, whether it is summer or winter, the *Tasquinha do Fumo* is definitely the place to go. The old tavern has been restored and transformed into a restaurant and it

owes its success to the quality of its typical dishes, cooked with local ingredients in a traditional way. Don't miss the opportunity to visit the Chapel of São Brás dos Bugalhos, a simple whitewashed temple in the village centre where São Brás Festival is held during the first weekend of February.

In the village there is a small hostel in the former elementary school building, which has been adapted to accommodate some of the many tourists and mountaineers who visit this place. On the outskirts of the village, within a five kilometres radius, the Archaeological Site of Aboboreira Mountain is well worth a visit, as well as its important group of megalithic monuments, among which the Chã de Parada National Monument stands out. A true outdoor History lesson!

Tourist attractions

Almofrela Fountain, Chapel of São Brás dos Bugalho, Chapel of Sra. da Guia, Meninas do Crasto Dolmen 3, Outeiro de Gregos Archaeological Group

Routes and trails

Short Route 1MCN "Rocks, Mills and Fragrances of Santiago"

River beaches

Fraga do Rio River Beach

Parks and gardens

Fraga do Rio Park

Picnic spots

River Beach Picnic Park

ALMOFRELA BAIÃO



Where to eat

A Tasquinha do Fumo

Accommodation

Former Elementary School Hostel

Almofrela Village

Campelo - Baião

GPS: N 41.177386 O -8.057853



PORTO MANSO
BAIÃO



“Also there in sight of the Douro, coupled with orange trees and other fruit trees. Flowing from an impressive mountain on whose summit pines trees rise... The village in the distance is a beautiful Nativity scene”.

This is how Alves Redol described Porto Manso village in a book bearing the same name in the mid-40s of the 20th century. However, after so many years, the village is no longer the same. It grew and developed due to the extraordinary surrounding landscape, with the Pala reservoir and the mouth of the Ovil river. The ancient Roman roads, which remained active until a few decades ago, were gradually replaced; the vegetation, once abundant, became rarer, but the group of houses, the narrow streets and, of course, the character of its people have allowed Porto Manso to maintain the irresistible charm that characterized the Douro villages of the old Portugal. If you are a fan of water sports, you will find the perfect conditions to enjoy it here. In Porto Manso, the Douro river runs smoothly. The Pala pier is a sheltered place with easy docking for boats – hence the name *Porto Manso* (Gentle Port). In the village and nearby, there are several places of interest, but the visit is not complete without tasting the region’s flavours. Enjoy the freshwater fish and the roasted lamb with rice cooked in the oven. The *rabelo* boat

miniatures, made by local artisans, are the perfect souvenir to take home with you.

Tourist attractions

Chapel of S. Domingos, Roman cobbled streets of Ribadouro, Press excavated into the rock, Porto Manso Bridge

Routes and trails

“All Roads Lead to Rome” Pedestrian Circuit

Nature

Douro river

Viewpoints

Mosteiró Viewpoint

Picnic spots

Ribadouro Picnic Park

Accommodation

Casa de Rebolfe, Casa da Torre

Porto Manso Village

Ribadouro - Baião

GPS: N 41.094886 O -8.081880



VILARINHO SECO BOTICAS

Take your time while roaming around the labyrinthine paths of the village and linger to enjoy a great example of what it means to live in a small community

Located in the foothills of Alturas do Barroso Mountain, Vilarinho Seco is one of the most well-preserved Barrosã villages. This is one of the three parishes of Alturas do Barroso and it is part of the municipality of Boticas. Vilarinho Seco invites you for a lengthy visit to its most picturesque streets! Full of traditional granite features, the village is still dedicated to agriculture and herding. There is no lack of granite granaries and a few houses still have thatched roofs, typical of other times. Take your time while roaming around the labyrinthine paths of the village and linger to enjoy a great example of what it means to live in a small community. In the main village square, you can see the washing tank, the cross and



the chapel. There is an arch over the main street in the village, an overpass connecting the houses to the cattle sheds. In addition, the village still uses the community oven to bake bread. The traditional mills are another landmark that you can't miss the opportunity to see. Walk along the Trilho da rota dos Moinhos (Mill Route Trail) and enjoy the tranquillity that surrounds it. Here, you can also enjoy several activities promoted and organized by the Barroso Ecomuseum. You can also visit the large Alto Rabagão reservoir nearby, especially tempting on hot days.

Tourist attractions

Vilarinho Seco Cross, Chapel of São Paio, Vilarinho Seco Dipping Well



(Fonte de Mergulho), Forno do Povo (community oven), Moinho do Porto (Mill), Casa de Medeiros Sundial and Passadiço (footbridge), Casa do Ferrador

Routes and trails

Mill Route

Viewpoints

Pena da Franga Viewpoint

Where to eat

Casa do Pedro – Regional Wine Cellar; O Palheiro

Vilarinho Seco Village

Vilarinho Seco - Boticas

GPS: N 41.682208 O -7.811640



MONTESINHO BRAGANÇA

Montesinho is a typical village of Trás-os-Montes, located in the foothills of Montesinho Mountain, at an altitude of approximately 1000 meters, right in the heart of the Montesinho Natural Park.

Let the serenity of this village seduce you and spend a few days in one of the granite houses adapted for tourism purposes, with slate roofs and wooden balconies wide open before the mountain! Walk through the well-kept cobbled streets of the village and discover the Church of Montesinho, the Montesinho Interpretation Centre and the Museum "located" in a typical house of Trás-os-Montes, where you can learn about the geological characterization of Montesinho and the traditional ways of life of this

"well-preserved village". The natural beauty of this region invites its visitors for long hikes: take the Montesinho Hiking Trail (10 kilometres), which will take you across trails and roads in Montesinho, França and Portelo villages.

Let yourself be dazzled by the contrasting landscape: green pastures dotted with colourful flowers and the gold and reddish colours of the woods... Since you are in the Montesinho Natural Park, don't be surprised if you see a golden eagle or a black stork, an Iberian wolf or a deer! Enjoy the famous Montesinho kid goat, with smoked meat from Trás-os-Montes and the region's typical desserts: sweet eggs, honey cake, *rosquilhas* and *súplicas* (typical

sweets). In addition, don't forget to try the wine and the spirits produced here.

Tourist attractions

Montesinho Museum

Interpretation/Information centres

Interpretation Group of Montesinho

Nature

Montesinho Natural Park

Handicrafts and local products

Rock and wood miniatures (masks and traditional house façades)

Where to eat

Montesinho Café/Restaurant

Accommodation

A Lagosta Perdida, Casa da Edra, Abrigo IV, Casa do Alpendre, Casa da Gadanha, Casa das Pedras

Montesinho Village
França - Bragança
GPS: N 41.938981 O -6.765264

Of the ancient traditions of Rio de Onor, *rionorês* deserves to be mentioned. It is a dialect born from the mixture of Spanish and Portuguese language and that is still spoken in the village today



Rio de Onor village is located in the Montesinho Natural Park, in the municipality of Bragança, and is crossed by the border with Spain. On the one side, we have Rio de Onor and on the other side, Rihonor de Castilla. This community village is one of the most well-preserved villages in the Montesinho Natural Park, with typical schist mountain houses boasting beautifully restored porches. Enjoy restful moments while staying in a tourism accommodation unit or in Rio de Onor campsite. The border village is crossed by the Onor river, also known as the Contensa river, and its river beach is an invitation to relax near the river's clear waters! In Rio de Onor, you can see the Roman Bridge, visit the Main Church, the oven, the forge and the community mills. Explore the region's natural beauty while taking the Baixa Lombada and Onor Route, which crosses Baçal, Sacoias, Aveleda and Varge villages. The village's traditional handicrafts include basketry and carpentry and the highlight of the cuisine is the tasty *enchidos* (typical Portuguese smoked sausages). Of the ancient traditions of Rio de Onor, *rionorês* deserves to be mentioned. It is a dialect born from the mixture of Spanish and Portuguese language and that is still spoken in the village today. The Feast of the Kings (6 January), a puberty ritual in which single boys participate, is also noteworthy.

RIO DE ONOR BRAGANÇA



Tourist attractions

Main Church of Rio de Onor, Rio de Onor Roman Bridge, Community Oven and Forge of Rio de Onor, Rio de Onor Cultural Association

Nature

Rio de Onor Natural Park, Onor river

Handicrafts and local products

Rock and wood miniatures (masks and traditional house facades)

Accommodation

Casa da Portela, Rio de Onor Rural Campsite (Parque de Campismo)

Rio D'Onor Village

Rio D'Onor - Bragança

GPS: N 41.940530 O -6.615728

BUSTELIBERNE CABECEIRAS DE BASTO



Busteliberne village is located in the heart of Cabreira mountain, at an altitude of 800 metres, and is part of the Cabeceiras de Basto parish - São Nicolau. It is thought that Busteliberne has its origins in the traditional shelters for shepherds, which progressively evolved into the rural cluster that we actually know today. This is a typical mountain village, whose houses and mills are arranged on terraces and are sometimes even mistaken for rocks. Walking through the village is the best way to experience it. The 14-km Veiga hiking trail covers all the main points of interest in the village and the surrounding area. Don't miss the opportunity to take a look at the fascinating examples of rural



"engineering" that the crossover path and the water channel do represent. The path establishes the limit between the constructed and agricultural areas; the channel, starting in the Moureirinho stream, was "designed" so the force of the water would feed a group of mills, as well as the washing and water tanks and ultimately irrigate part of the marshes in the area west of the village. Nowadays, these structural elements are one of the major attractions in Busteliberne. The honey, the *enchidos* (typical Portuguese smoked sausages), the *barrosã* steak, the kid goat from Minho's highlands, the liqueurs and jams are the most typical products of the local cuisine. Give diet a break and enjoy the flavours of Cabeceiras de Basto!

Tourist attractions

Chapel of Santo António, Pillory of the former hunting area (Couto) of Abadim, Abadim Tower, Lameiras Chã archaeological finds, in Cabeceiras de Basto parish - São Nicolau, Cabeceiras de Basto Aerodrome and Racecourse, Group of Mills of Moinhos de Rei, Casa do Pão, Cabreira Mountain Wildlife Interpretation Centre, Posto de Fomento Cinagético de Moinhos de Rei (Moinhos do Rei Hunting Post), Casa da Lã (Wool House) of Bucos, Monastery of São Miguel de Refojos, Sacred Art Museological Group, Casa do Tempo and Terras de Basto Museum

Nature

Oural Leisure Area, Cabreira Mountain, Environmental Education Centre

Viewpoints

Porto d'Olho Viewpoint - Abadim

River beaches

Cabeceiras de Basto River Beach - São Nicolau, Ranha River Beach

Water resources

Oural Dam, Víbora Water Channel

Sports

"Moinhos de Rei - Beyond the River" Mountain Bike Trail, Tâmega Line Greenway, Cabeceiras de Basto Equestrian Centre, Cabeceiras Adventure Park

Picnic Spots

Leisure Area of the Oural Dam, Moinhos de Rei Picnic Park, Víbora Picnic Park, Veiga Picnic Park, Cabeceiras de Basto Picnic Park - São Nicolau

Accommodation

Casa do Alpendre da Frágua, Quinta de Entre Sebes, Quinta do Rapozinho and Quinta de Alijó

Busteliberne Village

Cabeceiras de Basto Parish - São Nicolau - Cabeceiras de Basto

GPS: N 41.581710 O -7.996825

If you decide to take a walk through the village, take the opportunity to see the old bridge above the Moimenta river, which was classified as a property of public interest



Moimenta, which can be found in a sheltered valley of Cabreira mountain, is a typical village of the municipality of Cabeceiras de Basto, in Cavez parish. If you look at it from the outside, Moimenta is a small cluster of beautiful houses almost completely surrounded on the mountain slopes by terraces occupied by vineyards, where quality "vinho verde" is produced. In fact, Moimenta is an important centre for the production of "vinho verde". Since you are in its "home", don't miss the opportunity to try it! In addition to the natural beauty of the village, there are plenty of other reasons to visit it: the excellence of the architectural heritage, the tourist accommodation, good conditions for recreational hunting and fishing, hiking and mountain biking, organised by the Moimenta Recreational Association. If you decide to take a walk through the village, take the opportunity to see the old bridge above the Moimenta river, which was classified as a property of public interest. You can find accommodation in Casa do Valle, a traditional building, which has a rural tourist accommodation unit in a separated and restored farming house. Enjoy the *enchidos* (typical Portuguese smoked sausages), the *barrosã* steak, the kid goat from Minho's highlands, the liqueurs, the jams and, above all, let yourself be dazzled by the simplicity, authenticity and hospitality of its people. A true natural heritage that is worth discovering!

MOIMENTA CABECEIRAS DE BASTO



Tourist attractions

Old bridge above the Moimenta river (property of public interest), Cavez Bridge (national monument), Monastery of São Miguel de Refojos, Sacred Art Museological Group, Casa do Tempo and Terras de Basto Museum

Nature

Cabreira Mountain, Moimenta River

River beaches

Cavez River Beach

Sports

Cavez Recreational Fishing Trail, Cabeceiras Adventure Park

Accommodation

Casa do Valle, Casa do Outeiro da Grade

Moimenta Village

Cavez Parish - Cabeceiras de Basto

GPS: N 41.522972 O -7.888947



RURAL GROUP OF ARGAS CAMINHA

The villages of Arga mountain actually include three groups: Arga de Baixo, Arga de Cima and Arga de São João. These are typical rural villages with traditional buildings that help supporting the local agricultural activities. The villages have an architectural heritage, which has been well-restored and preserved and which you can admire while taking a peaceful walk. Stay at one of the houses that have been restored for tourism purposes, where you can have a comfortable stay right in the heart of Arga Mountain. Visit the Monastery of São João d'Arga, listed as a national monument, and enjoy the beautiful landscape that can be seen from this vantage point! The Interpretation Centre of Arga (CISA) provides

information concerning the mountain's natural heritage, so you can truly enjoy your visit! As an area of magnificent natural beauty, Arga mountain was classified as a Natura 2000 Network site. Here you have plenty of hiking trails to choose from, so pick the trails that best suit you and hit the road! Discover the mills of Arga mountain, located near the main watercourses, which are covered with schist flagstones and are considered to be examples of traditional mountain architecture. Enjoy the cornbread, the *chouriço* (a type of smoked sausage) and the roasted kid goat accompanied with a quality "vinho verde". End your meal with a brandy with honey. The pilgrimage of São João d'Arga (28 and 29 August) is one of the most famous pilgrimages in the region. On this day, the pilgrims usually sleep in the area surrounding the monastery of São João and take part in the *cantigas ao desafio* (traditional singing challenges), in a lively celebration filled with the sound of concertinas.

Tourist attractions

Monastery of São João d'Arga (National Monument), Main Church of Arga de Cima, Main Church of Arga de Baixo, Chapel of Castanheira, Albergue dos Romeiros (Pilgrims' Lodging House)

Routes and trails

Pedra Alçada Trail, Chã Grande Trail, Cabeço do Meio-Dia Trail, Chã da Franqueira Trail



Interpretation/Information centres

Interpretation Centre of Arga Mountain

Nature

Arga Mountain – Natura 2000 Network

Picnic spots

Recreational Area of Arga de São João, Arga de Cima Picnic Park

Accommodation

Casa do Torno, Quintinha D'arga (Agrotourism)

Entertainment

Pilgrimage of São João d'Arga

Rural Group of Argas

Argas - Caminha

GPS: N 41.845478 O -8.711547

VILARINHO DE CASTANHEIRA CARRAZEDA DE ANSIÃES



Once upon a time a county seat, Vilarinho da Castanheira, is one of the oldest parishes of Carrazeda de Ansiães. The village is located at the far southeast end of the municipality, in an airy and elegant tableland leaning over the Douro River. From an agricultural point view, it is a rich land, in which the production of wine, olive oil, almond and fruits do stand out. However, the occupation of the territory dates back to prehistoric times, of which there are still a few traces left. The most significant one is the Pala da Moura Dolmen, catalogued as a national monument.

The Watermills of Vilarinho, one of which has already been integrated in the Mill National Network (Rede Nacional de Moinhos), are part of the

architectural heritage and traditions of its people. During the Palm Sunday, families gather near the Mills to taste the Easter cake. This is also the time of the year in which the Coito Stream has the highest water inflow, which makes it possible to see the Mills up and running.

While visiting Vilarinho de Castanheira, you can't miss the opportunity to visit the Rural Memory Museum (Museu da Memória Rural), inaugurated in September 2013. This museum addresses the themes concerning the rural culture and the region's intangible heritage. At the museum, you can see representations of the traditional crafts of craftsmen such as the blacksmith, the basket maker, the Douro river fisherman, the baker, the

cheese maker, the shepherd, the barrel maker, the shoemaker, the tinsmith, the miller, the cork worker, etc. Take the opportunity and climb up to Nossa Senhora da Assunção Viewpoint, where you can enjoy a unique panoramic view of the wine-growing landscape, which was classified as a World Heritage site by UNESCO.

Tourist attractions

Archaeological monuments – Pala da Moura Dolmen – National Monument; Rodizio do Ribeiro do Coito Mills (Mill National Network); Pillory; Church of Santa Maria Madalea; Casa Morais Sarmento

Routes and trails

Pala da Moura Trail



Interpretation/Information centres

Arts and interaction centre of Vilarinho Castanheira, Rural Memory Museum

Nature

Alto Douro Wine Region Landscape – World Heritage/UNESCO

Viewpoints

Nossa Senhora da Assunção Viewpoint

Picnic spots

Picnic park of the Shrine of Nossa Senhora da Assunção

Accommodation

Casa Dona Urraca (Agrotourism), Lagares Douro Villas (Country House)

Vilarinho de Castanheira Village
Vilarinho de Castanheira - Carrazeda de Ansiães

GPS: 41°12'18.7"N 7°12'52.0"W



CASTELO
CELORICO DE BASTO

The Arnoia Castle was probably built in the 10th-11th centuries, during the Christian Reconquest. A small village grew up around it and became known as Castelo village... it is one of Portugal's typical villages. Castelo village is a place of History. It was once the county seat, following the charter from D. Manuel I, in 1520, and it was known as "Villa de Basto". The village grew under the protection of the castle, classified as a national monument. Guardian of stories and legends, it is a must-see, especially because it offers a magnificent view over the village, thus providing a magnificent viewpoint over the Tâmega and Infesta Valleys. Go for a walk, keep your eyes wide open and embark on an authentic journey into the past. Walk along Rua Direita street and admire the



ancestral features of the buildings. Visit the Casa da Justiça (court), the Prison, the former Casa da Botica (apothecary) and the Pillory. If you wish to know more about the village and the municipality of Celorico de Basto, its history, its customs and its people, visit the local Interpretation Centre, set in the old elementary school. Your visit will not be completed without first surrendering to the pleasures of good food. The village cuisine is varied and includes chicken blood rice, cabbage with beans, codfish with baked potatoes, roasted veal, Freixieiro-style codfish and trotter bean stew. If you have a sweet tooth, try the homemade pudding and the sponge cake. The regional "vinho verde" is an excellent wine to have with your meal.



Tourist attractions
Arnoia Castle (National Monument), Monastery of São Bento de Arnóia, Pillory of Castelo, Chapel of Castelo, Gallows, Villa de Basto
Typical houses and important buildings
Casa do Casal, Casa de Telhô, Casa de Toiande
Interpretation/Information centres
Arnoia Castle Interpretation Centre
Viewpoints
Arnoia Castle Viewpoint
River beaches
Vila Beach

Castelo Village
Arnoia - Celorico de Basto
GPS: N 41.364547 O -8.051975



BOASSAS CINFÃES

On the right bank of the Bestança river, the old group of houses in Boassas village is like a balcony overlooking the Douro river. Boassas has an architectural heritage of significant architectural, cultural and historical value.

Take your time walking around the narrow streets and the typical ornate courtyards decorated with colourful flowerpots and discover the marks of the past in the architecture of the old houses. Don't miss the chance to visit the Chapel of Nossa Senhora da Estrela, dating back from 1710 and located right in the centre of the village, the Casa do Cubo and the Casa do Fundo de Rua (the latter belonged

to the family of Serpa Pinto, a famous African explorer). However, Boassas also has breathtaking natural landscapes. In order for you to fully enjoy the region's natural resources, you should know that there are some must-see places that you can and should reach on foot. Climb up to Lapa da Chã and admire the stunning view of the Douro, visit the Penedos and Sítio da Tília and let yourself be dazzled by the Bestança river... Admire the local handicrafts, essentially famous for ceramics and tinwork. And don't leave without first surrendering to the pleasures of the local cuisine and especially its desserts. Try the "matulo", a typical

butter dessert of Boassas, while accompanying it with one of the exotic liquors produced in the region.

Tourist attractions

Serpa Pinto Museum, Chapel of Nossa Senhora do Amparo (baroque), Boassas Cross, Chapel of Nossa Senhora da Azenha, Lameirinhos Alembic, Mediaeval Azenha (ruin) dating from 1072, Typical/historical Group of Arribada Moinhos do Bestança (Pias and Cinco-Rodas)

Typical houses and important buildings

Casa do Cerrado, Casa do Cubo, Casa do Fundo da Rua, Casa da Calçada, Casa das Portelas, Casa do Outeiro,

Quinta do Paço da Serrana

Nature

Casa do Outeiro classified cypress tree

Parks and Gardens

Serpa Pinto Garden

Accommodation

Casa do Lódão

Boassas Village

Oliveira do Douro - Cinfães

GPS: N 41.082347 O -8.071689



Thick pork sausages, smoked ham and *chouriças* (a type of smoked sausages) are the hallmarks of the local cuisine

Vale de Papas is a serene village located right in the heart of Montemuro mountain. The granite houses, many of which still have thatched roofs, actually give a certain touch of grace to this well-preserved village that is part of Ramires parish, in Cinfães. As with other mountain villages, Vale de Papas lives off agriculture and herding, with its animals going to the pastures every day.

The several community threshing floors and granaries, as well as the thatched houses, mark the landscape of the village centre, whereas in the surrounding area and during a recommended walk it is the green colour that definitely stands out. Take the paths around the houses, on a long walk that will bring you into close contact with nature. In fact, the entire area surrounding the village is perfect for long walks in good company. In the village centre, nestled against the mountain, you can find several other points of interest, such as the stone bowl, a large granite block, the old "tulho", or Roman cobbled street, as well as the Chapel of Vale de Papas. On the third Sunday of July, the people celebrate the festival in honour of Senhora da Agonia. The most typical activities in Vale de Papas are corn husking, making hats with straw plaits, threshing cereal and flailing rye. The cereal is used to make delicious bread that accompanies the famous local

VALE DE PAPAS CINFÃES



smoked meats: thick pork sausages, smoked ham and "chouriças" (a type of smoked sausages). These are hallmarks of the local cuisine that you can't miss the opportunity to taste!

Tourist attractions

The Chapel, Community Granaries and Threshing floors of Vale de Papas

Nature

Montemuro Mountain

Viewpoints

Chapel of Santa Bárbara Viewpoint

Vale de Papas Village

Ramires - Cinfães

GPS: N 41.025511 O -7.991153

Mós village is a traditional village with unique surroundings. It is a natural viewpoint overlooking several mountains: Cabreira, Marão, Amarela and Gerês, as well as the Ermal reservoir and Ribeira de Linhares valley. Take your time contemplating the breathtaking, and, at the same time, rustic and peaceful landscape: the surrounding mountains, green meadows and oak woods give this village a unique setting. In order to get to Mós, you will have to travel along the winding municipal road that passes through Aboim Parish, made famous by Portugal's rally, especially the Luíllhas and Lameirinha stages! After the drive, slow down and discover the pure and captivating nature during one of the many hikes that invite you to travel the length and breadth of this territory. This will be the chance for you to get in touch with nature and discover the crosses, the chapel and the granaries, the pride and joy of the people of Mós. About one kilometre away, you can also visit the peculiar windmill of Aboim, the only one in the municipality that has these features. After the physical effort and the fresh air that will certainly open your appetite, enjoy a Minho-style meal, where there will be no shortage of the most typical dishes of the area, especially the Fafe-style roasted veal.

Tourist attractions

Main Church of Aboim, Aboim
Windmill

MÓS FAFE



Nature

Lagoa Mountain

Handicrafts and local products

Handicrafts of Pedraído Cultural and Sports Association

Accommodation

Casa de Fora, Casa de Domingues

Mós Village

Aboim - Fafe

GPS: N 41.551738 O -8.103937





PONTIDO FAFE

Pontido, located on the banks of the Vizela river, is a starting point for a unique experience in the rural world. Explore this village where the almost wild nature invites you to experience complete relaxing moments! The village was abandoned for three decades and has now been reborn, and it is ready to take in whoever wants to discover more about this peaceful refuge with so much to discover! Pontido has a unique setting of dense vegetation, an oak landscape, hanging and cultivated vines, and a large lagoon – the Queimadela dam. There are also places suitable for picnics and for swimming in the river, set in the midst of nature itself. The relaxing ambient sound is only disturbed

when the Rally WRC Fafe Rally Sprint and the Rally Serras de Fafe pass by at full speed. If you want to find out more about the environment around you, then you must pay a visit to the old porch and granary, now an Environmental Interpretation Centre. In order to learn more about the old dynamic of the rural village, visit the restored mill and threshing floor, now restored. These are testimonies to the bread cycle, which starts with threshing to the music of a concertina! The tradition was recovered, and you can watch the entire journey of the cereal right on your table! There is no shortage of rural accommodation options, all with traditional

architectural features, so you can spend a few days in this peaceful place and enjoy the typical delicacies that will surely delight whoever goes to the pleasant Pontido restaurant.

Tourist attractions

Granary, Pereira fountain, Pontido Roman bridge

Routes and trails

Maroço Route, Vizela Riverbank Villages Route

Interpretation/Information centres

Environmental Education Centre, Mill and Threshing Floor Museological Group

Nature

Vizela River

Water resources

Queimadela Dam

Where to eat

Aldeia do Pontido Restaurant

Accommodation

Casas da Aldeia Turística do Pontido (Casa da Burra, Casa do Silvino, Casa do Forninho, Casa do Pontido, Casa da Quinta)

Pontido Village

Queimadela - Fafe

GPS: N 41.507037 O -8.156612



CODEÇAIS FELGUEIRAS

Codeçais has an interesting rural settlement, comprised of granite buildings whose traditional architecture is associated with farming. The village still preserves its granaries, a porch and a threshing floor. The village's heritage includes farms, but also small strips of land located in the houses' uncultivated fields, intended for small-scale production, usually for private consumption. The village also has a house with a chapel, which confirms the people's religiousness and the existence of houses that belonged to the feudal lords. Codeçais, a high-elevation village (located at an altitude varying between 400 and 500 metres), is a magnificent viewpoint that allows you to admire a vast

horizon in shades of green, in particular over the magnificent Sendim valley! Near the village, you can see traces of the Roman presence while visiting the Roman Villa of Sendim, in Agrelo, next to the Parish Church, which is also worth a visit. The Villa was built in the second half of the 1st century A.D. and was likely restored at the end of the 4th century and beginning of the 5th century, with several additional constructions, such as the spas. The Villa was destroyed during the invasions of the Swabians in the second half of the 5th century A.D. The estate exhumed during the archaeological excavations is varied and can be seen at the Interpretation Centre, which also houses the

The archaeological excavations that were carried out proved the existence of a large Roman villa

precious legacy of Cimalha village - Bronze Age (2nd millennium A.D.) Nearby, in Sendim, you can also visit the Sergude Manor House. This is a manor house that has kept much of its traditional architectural features, which were added by order of Gonçalo Coelho da Silva, lord of Felgueiras and Vieira, shortly before passing away in 1584, establishing a primogeniture bond, so the house would be kept in the possession of his grandsons and male heirs.

In the restaurants near the village you will be able to enjoy the traditional cuisine of Felgueiras. The kid goat roasted in a firewood oven, the Margaride sponge cake, the *cavacas* and *lérias* (typical sweets) are especially noteworthy. The "vinhos verdes" are recognized as quality nectars and are perfect to accompany the gastronomic suggestions! Sendim upholds the tradition of celebrating the pilgrimage of St. James, on 25 July.

Tourist attractions

Roman Villa of Sendim, Main Church of Sendim (16th century), Sergude Manor House, Santa Quitéria

Interpretation/Information centres

Interpretation Centre and Archaeological Site of Sendim's Roman Villa; Corvete Hydroelectric Power Plant, pioneer in the electrification of the region, namely in Vila de Felgueiras and the city of Guimarães



Nature Bugio River

Codeçais Village
Sendim - Felgueiras
GPS: N 41.396489 O -8.171841



BURGO FELGUEIRAS

Burgo invites you for a unique, unmissable and unforgettable experience! In the village, located in Pombeiro and Vila Fria, there is an atmosphere that will take you back in time to the Roman occupation, and which you will be able to experience while walking along Burgo street - old Roman road that used to connect Bracara Augusta to Tongobriga, as well as the Roman cobble street and bridge. The journey will continue through the Middle Ages, when you see the village's landmark: the Monastery of Pombeiro and the Pombeiro Palace (building of public interest). Until you come back to the present, there are several tourist attractions that you can visit, namely the granite constructions and the surrounding landscapes.

Take your time while taking the local trails, which will lead you to discover in fine detail all the points of interest in the village, from its historical and cultural heritage, to the natural and landscape heritage and the rural daily life of the Village. Pombeiro celebrates São Brás (St. Blaise) Festival on the first Sunday of February and in Vila Fria, it is custom to celebrate the Corpus Christi and Santa Maria Festivals (15 August).

In the restaurants near the village, or in Pombeiro Palace and Quinta do Mosteiro, you will be able to enjoy the traditional cuisine of Felgueiras. The kid goat roasted in a firewood oven, the Margaride sponge cake, the *cavacas* and *lérias* (typical sweets) are noteworthy. The "vinhos verdes"

are recognized as quality nectars and are perfect to accompany the gastronomic suggestions!

The annual Sponge Cake Festival takes place in the Monastery of Pombeiro during the weekend before the Easter weekend.

Tourist attractions

The Monastery of Pombeiro and the surrounding area: the aqueduct, the Casa do Adro, the cross (building of public interest), the section of the mediaeval cobble stone; the Roman Cobble Stone in the arch and bridge above the Vizela river that still preserves a mark of the Couto de Pombeiro; Burgo Street (old Roman road), the old Seminary of Santa Terezinha, in Pombeiro, Mr. Alvarim Leite Mill, Obra Pública do Filé (Filé Public Work)

Interpretation/Information centres

Casa Rural do Adro - Exhibit and Interpretation Group of the Monastery of Pombeiro's Rural Surroundings, Interpretation Centre of the Romanesque Route

Typical houses and important buildings

Casa da Eira (traditional architecture), Casa das Portas (18th century Baroque manor house), Valmelhorado manor house (mansion from the beginning of the 18th century and a building of public interest), Paço de Pombeiro (built in the 12th century; public interest building), Casa das Carrancas



Routes and trails

Romanesque Route, "Mediaeval and Green Roads" Short Route

Accommodation

Paço do Pombeiro de Ribavizela, Quinta do Mosteiro, Rural Campsite

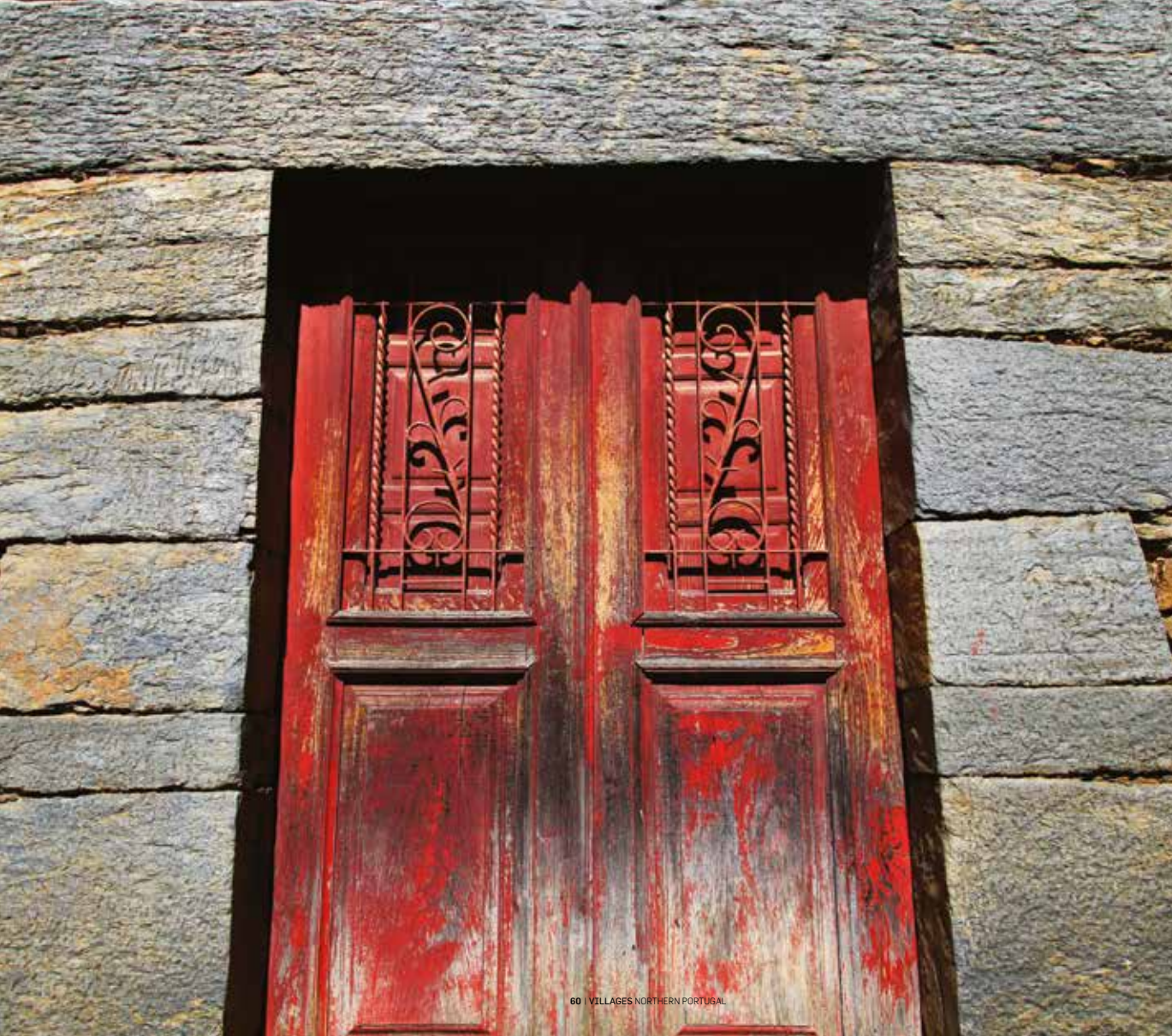
Entertainment

Sponge Cake Festival; Festival in the Village

Burgo Village

Pombeiro - Vila Fria

GPS: N 41.385091 O -8.224427



POIARES FREIXO DE ESPADA À CINTA

The traditional schist houses, the village's landscape surrounded by mountains, with the river running down below and the clean air that brings you closer to nature, would be more than enough reasons to visit Poiares village, in Freixo de Espada à Cinta. But there are many more! Located in the heart of the Douro International Natural Park, the landscape is breathtaking. In order to enjoy all that the landscape has to offer, go and see the Penedo Durão Viewpoint, the shrines or the folds engraved in the rocks.

In the village centre, there is a wealth of heritage to explore: from the Main Church to the Fraga do Gato/Lontra (Cat/Otter Rock), with its cave paintings, and the Alpajares Path. That are several signposted trails that allow you to take the paths that pass by these emblematic sites, namely the main two: the Alpajares Path and the

Viewpoint Route. The cultural traditions are still deeply-rooted in the village: here they still have the breaking of the Easter cake and it is normal to see women knitting socks with four needles, sitting on the thresholds of their doors while the men, in their spare time, entertain themselves playing "raiola", "sueca" or "chinchalhão". Religion also plays an important role in the village: in August, there are festivals in honour of Nossa Senhora do Rosário, the patron saint of Poiares. As for the local cuisine, the Easter Cake is the most emblematic dish that will make your mouth water!

Tourist attractions

Main Church of Poiares, Chapel of São Sebastião, Verila Fountain, Fraga do Gato, São Paulo Hill, Castle of the Moors, Poiares' Devil Bridge, Alpajares Bridge, Ribeira do Mosteiro old Bridge, Alpajares Path, Penedo Cyclopean Rock, "A Lontra" (the Otter) Cave Painting in the Fraga do Gato

Nature

Douro International Natural Park, Douro river

Viewpoints

Ribeira do Mosteiro Viewpoint, Poiares Viewpoint, Assumadouro Viewpoint, Penedo Durão Viewpoint

Picnic Spots

Poiares Picnic Park

Poiares Village

Poiares - Freixo de Espada à Cinta

GPS: N 41.058838 O -6.862107



AREJA GONDOMAR

Who knew that so close to Porto there is still a village filled with traditions and with a landscape of such rare beauty? Areja, which is part of Lomba parish, climbs up from the river all the way up to the top of the slope, thus breathing the pure air there. Located in Gondomar, and close to the city limits, this village is a natural haven and therefore worth a visit. The heritage scattered across the slope that descends to the river clearly shows how important the location, set on the banks of the Douro river, was for trade and merchant transportation. Today it still has a harbour where recreational boats can tie up. Life in the village continues to honour its history, upholding its traditions and traditional crafts.



The slope of Areja, where it is worthwhile taking a leisurely stroll, stretches along the mountain and provides a breathtaking view. The climb is steep, but rewarding: the higher you go, the more spectacular the landscape is. Down below, you can also enjoy the cool waters of the riverbank.

Tourist attractions

Pejão Mines, river pier, Chapel of Santa Eufémia

Routes and Trails

Miner Trail (Short Route)

Nature

Douro River

Viewpoints

Labercos Viewpoint



River Beaches

Leisure Park and Lomba Beach

Handicrafts and local products

Casa do Mineiro: sale of traditional products (honey, liqueurs, traditional cookies, jams)

Sports

Water sports

Picnic spots

Nossa Senhora dos Navegantes Leisure Park

Where to eat

Tasca da Aldeia

Entertainment

"Há Festa na Aldeia"

Areja Village

Lomba - Gondomar

GPS: N 41.050957 O -8.401687



CHACIM
MACEDO DE
CAVALEIROS

Chacim village is located in the foothills of Bornes Mountain, in the heart of the Terras de Cavaleiros Geopark. In order to best enjoy your visit to the village, stay in one of the rural tourism houses and take your time savouring the tranquillity of Trás-os-Montes! Discover the village's heritage, namely the Real Filatório de Chacim (Royal Silk Twisting Mill of Chacim), dating from 1788 and classified as a property of public interest. This is an industrial complex used for processing and manufacturing silk, now in ruins. It is an important example of the silk industry in Europe. Next to it, you can find the Royal Silk Twisting Mill of Chacim's Interpretation Centre, where you can learn more about the

history of this complex and the estate found during the archaeological digs. We also suggest a visit to Balsamão Convent and its museum, part of the retirement and nursing home belonging to the Marians of the Immaculate Conception Congregation. Enjoy the colourful view from up there: the white of the broom, the golden cornfields, the green of the olive groves, vineyards and pine forest, and the herds of animals grazing in the fields! Visit the Geosites and learn a bit more about the existence of two old continents and one single ocean. Go for a slow walk while listening to the sound of the small stream that crosses Chacim. Take a closer look at the Chapel of Desterro, the Pillory (property of public interest) and the

Discover the Real Filatório of Chacim (Royal Silk Twisting Mill of Chacim), dating from 1788 and classified as a property of public interest

two bridges, Bairrinho and Paradinha, dating from the Middle Ages. São José Fair (19 March) and the Annual Onion Fair (10 September) are the most famous events in the village.

Tourist attractions

Real Filatório de Chacim (Royal Silk Twisting Mill of Chacim), Balsamão Castle and Convent, Parish Church of Chacim (Church of São Sebastião and Santa Eufémia), the Pillory and Chacim Bridge

Interpretation/Information centres

Real Filatório de Chacim's Interpretation Centre, Casa da Aldeia

Nature

Bornes Mountain, Poço dos Paus (Geosite-G36, Terras de Cavaleiros Geopark)

Picnic Spots

Santíssima Trindade Picnic Park
O Brechas

Accommodation

Solar de Chacim (Manor House), Balsamão Convent

Entertainment

S. José Fair, Onion Fair

Chacim Village

Chacim - Macedo de Cavaleiros

GPS: N 41.469572 O -6.902731



CANAVESES

MARCO DE CANAVESES

The small village of Canaveses is located on the right bank of the Tâmega River, just four kilometres from the county seat and divided between Sobretâmega and São Nicolau parishes. The simple cluster of traditional granite houses conceals a rich historical past. During the French Invasions, this was a stage of important military deeds. There are still several vestiges left from this past that actually deserve an attentive visit. The Tâmega River Park, designed to welcome tourists, is a must-see. It is set in a pleasant riverside location, ideal for sport activities and to get in touch with nature. A marina, with capacity for 40 boats, was built there, as well as a support building that houses the Marco de Canaveses

Nautical Club and a panoramic restaurant. Here you can also find sport fishing platforms, a bar, a picnic park, a children's playground and a hiking and fitness circuit. The recently created hiking trail, "Canaveses Trails", starts and ends at the Tâmega River Park. This is an eight-kilometre trail encompassing all of Sobretâmega Parish, passing through Canaveses. It is part of the Romanesque Route and the Port Wine Route.

We suggest you taste the "pão-podre", a typical bread from the region, the roasted lamb with rice cooked in the oven, the *bazulaque* (typical dish) and, of course, the "vinho verde".

Tourist attractions

Church of Santa Maria de Fornos (designed by Portuguese architect Siza Vieira), Capela Espírito Santo (Holy Spirit Chapel), Albergaria Pillory, Pillory of São Nicolau, Sobretâmega Romanesque Church, Chapel of São Lázaro, Church of S. Nicolau, Nicho do Senhor da Boa Passagem, Rua Direita, Chapel of São Sebastião, Asnos Bridge

Routes and trails

Romanesque Route, "Caminhos de Canaveses" ("Canaveses Trails" Short Route), Port Wine Route

Parks and gardens

Alameda Doutor Miranda da Rocha Garden, Tâmega River Park

Sports

Sport Fishing area



Handicrafts and local products

Dolmen - Local Products Promotion Centre

Canaveses Village
Sobretâmega and S. Nicolau - Marco de Canaveses

GPS: N 41.199504 O -8.160526



TONGÓBRIGA
MARCO DE CANAVESES

The Freixo Archaeological Site, classified by the Portuguese Institute of Archaeological Heritage (IPPAR) as national monument, is the proof that Tongóbriga represented an important centre of attraction and decision-making at the end of the 1st century and beginning of the 2nd century

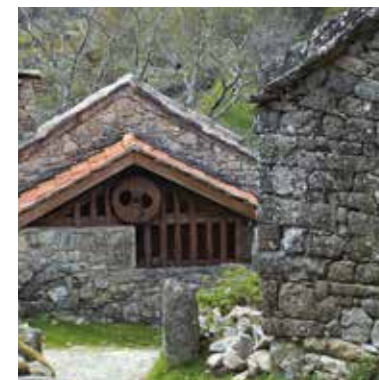
A real journey into the past is what Tongobriga offers its visitors. The archaeological finds of an ancient Roman city are its calling card. The Freixo Archaeological Site, classified by the Portuguese Institute of Archaeological Heritage (IPPAR) as national monument, is the proof that Tongóbriga represented an important centre of attraction and decision-making at the end of the 1st century and beginning of the 2nd century. In an area of approximately 50 hectares, you can see the remains of the thermal baths, the forum, the residential areas and a necropolis. The village naturally grew around this archaeological discovery. The urban centre of Freixo has been subject to several recovery and restoration

works, but it still maintains the characteristics of a traditional village, with its granite houses, religious heritage, the cultivated fields and its people. As you walk around the village, pay close attention to the Freixo House and the Main Church. Hike the "From the Flávios to D. Mafalda" ("Dos Flávios à D. Mafalda") route. While walking along ancient Roman roads and paths, let yourself be dazzled by the region's landscape. Don't miss the opportunity to taste the roasted lamb with rice cooked in the oven, the cornbread and the Freixo sweets. And why not take home a souvenir from the Craft Shop? You will find some of the best local handicrafts on Judeus street, right in the centre of

the village and, just a short distance away, in the Dolmen Local Products Promotion Centre.

- Tourist attractions**
Freixo Archaeological Site, Sundial of Our Lady of Fátima Square, Tongóbriga Cross, Church of Freixo, Chapel of Freixo
- Routes and trails**
"Dos Flávios à D. Mafalda" Route
- Handicrafts and local products**
Casa dos Lenteirões
Dolmen

Tongóbriga Village
Freixo - Marco de Canaveses
GPS: N 41.164693 O -8146907



BRANDA DA AVELEIRA MELGAÇO

Branda da Aveleira village is located at the entrance of the Peneda-Gerês National Park. Before setting off on your trip, go to the Reception and Tourist Information Office and get detailed information concerning the main points of interest. In this area, the Chapel of Senhora da Guia is worth a lengthy visit, as well as a group of typical rustic houses, known as "cardenhas", many of which have been restored, thus retaining their original design, and adapted for tourism. A few days' rest in the village will take you back to the farming and cultural traditions, as well as offer you relaxing moments in the Minho Valley. Here, there is no shortage of suggestions for hiking routes: lose

yourself in nature and wander between the hills and ridges, granite and schist outcrops and cool watercourses! Walk along the Megalithic Trail that will take you to the Batateiro Dolmen; the Aveleira Trail, a mountain trail; or the Peneda Trail, between Peneda and Branda da Bouça dos Homens. Discover the glacial remains on the Peneda mountain and venture out and discover Peneda lake, at the summit of the mountain with the same name: a true hidden paradise! Regain your energy with the tasty local cuisine, which includes cornbread, smoked meat and Serra-style roasted kid goat. If you wish to know more about the cultural traditions of Branda da Aveleira, do

visit the village in June, when the Cattle Fair takes place.

Tourist attractions

Shrine of Senhora da Guia, Batateiro Barrow (Mamoá), Cardenhas

Routes and trails

Brandeiro Trail, Megalithic Trail, Peneda Trail, Glacial Trail and Aveleira Trail

Interpretation/Information centres

Branda da Aveleira Reception and Tourist Information Office

Where to eat

O Brandeiro

Accommodation

Casa da Bica, Casa da Cova dos Anhos, Casa da Covinha, Casa da Fonte, Casa da Fonte do Carvalhinho, Casa do

Castanheiro, Casa do Piorno, Casa do Rio, Casa do Azevinho, Casa do Xisto
Entertainment
Brandeiro's Day

Branda da Aveleira Village
Gave - Melgaço
GPS: N 41.993671 O -8.279436

CASTRO LABOREIRO MELGAÇO

Castro Laboreiro is located in the Peneda-Gerês National Park and its prehistoric heritage is one of the richest in the country, comprising rock carvings and paintings, 120 Dolmens and Cists. This village has a historical and architectural heritage of great wealth, in which the fortified settlement-type constructions in Castro Laboreiro and Castro Laboreiro Castle (classified as a national monument) do stand out. Visit the Castro Laboreiro Museological Group and learn more about the habits, customs and traditions of the locals. This is a region of great beauty, in which the Laboreiro River meanders through. It is spanned by numerous bridges from Roman and medieval times.

Stay in one of the tourism accommodation units of Castro Laboreiro, some of which are typical Castro-style houses that have been restored and actually invite you to enjoy a relaxed stay close to nature. Explore the region by taking the several trails, which can be done in an all-terrain vehicle or on foot. Admire the beauty of the landscape and get ready: with any luck you will be able to catch a glimpse of a wild boar, deer, badgers and otters, golden eagles, wolves, roebucks and *garranos* (small horses)!

Castro Laboreiro is the original home of the internationally known breed of dog bearing the same name: the Castro Laboreiro dog – visit the Breed Kennel, whose purpose is to preserve and enhance this breed. Try the typical dishes of Castro Laboreiro and its *enchidos* (typical smoked sausages). There is a wide range of handicrafts that make for beautiful souvenirs to take home from Castro Laboreiro!

Tourist attractions

Castro Laboreiro Castle, Castro Laboreiro Museological Group, Main Church, (Church of Santa Maria da Visitação), Community Ovens, Mills, Pillory, Castro Laboreiro Old Bridge, Dorna Bridge, Capela Bridge, Nova or Cava Velha Bridge, Castro Laboreiro Kennel

Routes and trails

Curro da Velha/Castro Laboreiro Trail

Interpretation/Information centres



Interpretation Centre of Peneda-Gerês National Park - Portas de Lamas de Mouro, Castro Laboreiro Tourism Office

Viewpoints

Castro Laboreiro Viewpoint, Castle Viewpoint

Sports

Montes Laboreiro - Adventure Sports

Handicrafts and local products

Fumeiro Delícias do Planalto

Where to eat

Miracastro, Miradouro do Castelo

Accommodation

Moinhos do Poço Verde, Fábrica do Chocolate, Casa das Falagueiras, Casa do Barreiro, Casa João Alvo, Casa da Fonte do Laboreiro, Hotel Rural Castrum Villae, Miracastro, Villas do Laboreiro

Castro Laboreiro Village

Castro Laboreiro - Melgaço

GPS: N 42.030336 O -8.158803



CIDADELHE MESÃO FRIO

Cidadelhe village, located in a valley in the Alto Douro Wine Region, was classified as a World Heritage site by UNESCO. The wine is the product that stands out most in this village of Mesão Frio, although the area is also a prodigious producer of olive oil and different fruits. In addition to its location, between mountains and surrounded by a landscape of rare beauty, we suggest you go for a leisurely walk through the village and take a look at the many farms and houses emblazoned with coats of arms, which give life and a unique beauty to the village.

As for the remaining heritage, take your time around the village centre, where you can explore the 18th century Baroque-style Parish Church

of Cidadelhe in detail. Even older is the legacy that remains from the time when this was a fortified town, long before the founding of the nation. It is believed that the village was attacked by the troops of the Roman general Decimus Junius Brutus in 134 B.C., which was the reason for the construction of the Castro dos Mouros (Moors Hill Fort) in Cidadelhe, a site where one can find Roman ruins. After your walk, taste the traditional flavours of the cuisine from Mesão Frio. Here the main speciality is the roasted kid goat with rice and oven-baked potatoes, as well as the tasty gilt, the bean stew, the *papas de farinha de milho* (typical dish) and *sopa de castanha pica* (typical soup). Fish also has a place at the table with

variations such as fish stew and small fish from the river with pickle sauce. As for dessert, enjoy the Donsumil biscuits and *Falácias* (typical sweet).

Tourist attractions

Main Church of Cidadelhe (18th century Baroque style), Chapel of São Gonçalo, Hill Fort of Cidadelhe (Castro), archaeological remains of the Moors Castle fortified settlement

Typical houses and important buildings

Casa do Outeiro, Casa de Valadares, Casa do Paço, Casa do Terreiro, Casa do Taveira, Quinta do Côtto

Nature

Alto Douro Wine Region – UNESCO World Heritage Site



Cidadelhe Village
Cidadelhe - Mesão Frio
GPS: N 41.169664 O -7.844194



PICOTE
MIRANDA DO
DOURO

Located in the Douro International Natural Park, Picote overlooks the Douro river. The village's origins can be traced back to a proto-historical community, which can be seen from the several rock art remains, of which an engraving of a hunter with a bow, discovered in Puio Rock, is worth noting. In Toural Square, you can see the group of old rural granite houses. Admire the Main Church and, nearby, the Mediaeval Graves carved in the rock. Discover the Chapel of Santo Cristo dos Carrascos, of mediaeval origin, located in the place where the Roman necropolis supposedly stood. Roman funerary steles, sculptured in marble, were found here and can now

be seen in the Museums of Terra de Miranda, in Miranda do Douro, Abade de Baçal, in Bragança and Grão Vasco, in Viseu. The Picote Dam, the oldest in the international section of the Douro, actually deserves a closer look, as well as Barrocal do Douro, its residential area that was built for the dam workers and which is a notable example of Portuguese modernist architecture in the 1950s and 1960s, thus classified as a Public Interest Compound. If you like adventure, take the route along the Douro cliffs or the tableland of Miranda do Douro and lose yourself in the breathtaking landscapes. Enjoy the natural beauty

of Puio Rock, a privileged viewpoint from where you can see the rocks and cliffs and, down below, at the bottom of the valley, the Douro! Keep one eye on the sky: you might catch a glimpse of a golden eagle, an Egyptian vulture or a griffon vulture. The round or *pauliteiro* dances get the festivals going in Picote. The second official Portuguese language, the Mirandese, is one of the richest and most vivid connections to the region's past, and it can be seen in the signposts of the village, the first parish in the municipality with bilingual place names.

Tourist attractions

Archer of Puio Rock, Berrão, Puio Hill Fort, Cigaduenha Hill Fort, Castelhar Hill Fort (Roman ruins), Chapel of the Holy Christ, Santos Hermitage, Main Church of Picote, Chapel of Santa Cruz, Crosses, Oil Presses, Fonte Salsa Fountains, Barreiro Fountains, Sanguinho Fountains, Funtósia Fountain, New Fountain, Babou Fountain, Mills Ruins, Place Names in Mirandese, Bandstand, Picote Dam (Public Interest Compound)

Routes and trails

Rota dos Castros e Berrões, Trás-os-Montes Cold Land Route, GR 36 Grande Rota das Arribas Long Route (Miranda-Picote-Sendim), Short Route 3MDR, (Picote-Barrocal of Douro-Picote), Short Route 4MDR (Picote-Eiras-Picote), Short Route 5MDR

(Picote-Fonte/Aldeia-Picote), Short Route 6MDR (Picote-Santos-Picote) **Interpretation/Information centres** TERRA MATER-Ecomuseum of the Land of Miranda (Interpretation Centre and Exhibition Room), Ecomuseum Shop and Local Products

Nature

Douro International Natural Park, Douro river, Remanse River Pier

Viewpoints

Puio Rock Viewpoint - Geosite, Cigaduenha Hill Fort Viewpoint, Picão do Diabo Viewpoint

Water resources

Picote Damn, Mills, Dipping Wells, "Picotas" (device used to remove water from a well)

Handicrafts and local products

Regional Cuisine of Picote, Casa Marie Pêdra

Accommodation

Casa de I Bárrio (Country Cottage); Casa de I Puio (Agrotourism)

Picote Village

Picote - Miranda do Douro

GPS: N 41.399895 O -6.368807



Abreiro village is located in a valley bounded by the Tua river. It is of enormous archaeological value, as shown by the medieval cobbled street that connects the village to the old Abreiro bridge, the actual ruins of the mediaeval bridge and the Arcã dolmen. In the village centre, notice the well-preserved pillory and the imposing manor houses, contrasting with the simple granite houses with their typical wooden balconies.

If you wish to escape routine, don't miss the chance to take part in the Terra Olea project, which invites tourists to learn more about the olive oil production process. This invitation includes visits to the olive groves, olive harvesting, production and several olive oil tastings! Did you know that Abreiro village has a working biological oil press? At Santa Catarina Viewpoint, lose yourself in the beauty of the landscape, dotted with cultivated vineyards along the slopes, the Tua river winding through the foothills and the Tua railway line, which is no longer operational.

If you are fond of fishing or hunting, you should know that Abreiro is also a fishing area, on the Tua river, and that there is a hunting reserve here. The typical cuisine includes *sopas de miolada com pedaços de carne de porco* (typical soup with pork cubes), roasted kid goat and lamb, fried pork meat with boiled potatoes, bean stew, bread and garlic sausages, smoked meat and *sopa da matança* (typical soup). Enjoy! As for the cultural traditions of Abreiro, the

ABREIRO MIRANDELA



Santo Estevão Festival (26 December), formerly known as the festival of "good men" and "festival of the car" is noteworthy.

Tourist attractions

Parish Church of Abreiro, Abreiro Cross, Pillory of Abreiro, Abreiro Bridge, Ruins of the Mediaeval Bridge, Cemetery of the Moors, Old Fountain, Adérito Rodrigues Rural Museum

Handicrafts and local products

ABA – Biological Olive Oil of Abreiro, Abreiro Bakery

Where to eat

Café Rio

Entertainment

Fig and Heritage Fair

Abreiro Village / Abreiro - Mirandela
GPS: N 41.350692 O -7.294596



BEMPOSTA MOGADOURO

The breathtaking landscape of Bemposta village goes hand in hand with its rich heritage. Both aspects make this parish, in the municipality of Mogadouro, a place that definitely captures the visitor's heart right from the start. In the middle of the Douro International Natural Park, the village is situated on an elevated location that provides an irresistible landscape, where Faia da Água Alta and Faia do Cuco do stand out. The village has a few examples of historical heritage that actually deserved a closer look: from the Castle to the houses emblazoned with coats of arms, to the Roman Bridge, the ruins of Oleiros Castle and the Solar dos Marcos (Manor House), there is no shortage of historical remains to discover. Don't miss the opportunity to take the hiking trail, which in fact is a



Historical Tour of Bemposta. After your walk, cool off in the pleasant river beach of the Bemposta dam. This village has several traditional celebrations that you will enjoy taking part in: the Pauliteiros Group, the Chocalheiros, the graduation celebration, the "Paga do Vinho do Noivo" (literally speaking payment of the bridegroom's wine), as well as several traditional games. As for the traditional handicrafts in Bemposta, it includes making wine, weaving, turning wicker into baskets and frames for the grape harvest, as well as large flat baskets. Here the art of crafting metal and wood is also developed and there are those who have dedicated themselves to producing olive oil. In the areas of cuisine and sport, hunting and fishing are activities that still mark the village.



Tourist attractions

Oleiros Castle, Main Church of Bemposta, Pillory of Bemposta, Chapel of Santa Bárbara, Chapel of São Sebastião, Chapel of the Holy Christ (Santo Cristo)

Nature

Douro International Natural Park, Juncais Stream, Douro river

Viewpoints

Cardal do Douro Viewpoint

Water Resources

Bemposta Dam

Accommodation

Marcos Manor House Rural Hotel

Bemposta Village

Bemposta - Mogadouro

GPS: N 41.311060 O -6.503741



PONTE DE MOURO MONÇÃO

Ponte de Mouro village is located on the banks of the Mouro river, in Barbeita and Ceivães parishes, in the municipality of Monção. Admire the Mediaeval Bridge over the Mouro river, classified as a property of public interest, originally from the 14th century and remodelled in 1627. It was here that, in 1386, King D. João I met the Duke of Lancaster and settled the terms of the Portuguese military cooperation with the English king, who wanted to reconquer Castile. Contemplate the surroundings where you can see the Chapel of S. Félix, the Cruzeiro House, the Chapel of the Holy Christ and a few mills. Travel back to ancient times while walking around

the village's narrow streets and pay close attention to the typical two-storey rural granite houses of Minho: the top floor is used for housing and the ground floor for animals. The Cross of Nossa Senhora da Soledade is also noteworthy, as well as an ancient fountain, the open Chapel of S. Tiago, dating from 1569, near the Church of Barbeita (17th century) and the open Chapels of the Holy Christ and Santa Apolónia. Lose yourself in the bucolic landscape, walk around, explore the natural retreats, visit the Ponte de Mouro river beach and go for a swim in the crystal waters of the Mouro river! The local cuisine includes lamprey rice, shad and kid goat roasted in the oven.

The International Folk Festival of Ponte do Mouro and Alvarinho takes place every year. The festival is also known as “Folk Monção – O Mundo a Dançar” and is promoted by Casa do Povo de Barbeita Folk Dance Group.

Tourist attractions

Mediaeval bridge, Fountain in Lugar de Ponte de Mouro, Monte da Assunção Settlement, Chapel of Nossa Senhora da Assunção, Chapel of São Félix, Chapel of São Tiago

Routes and trails

Alvarinho Route

River beaches

Ponte de Mouro river beach

Cooperative Wine Cellars

PROVAM (Producers of the Alvarinho de Monção Wine)

Picnic spots

Ponte do Mouro Picnic Park

Where to eat

Restaurante/Taberna Ponte Velha, Restaurante Pedro Macau, Casa do Rio

Entertainment

International Folk Festival of Ponte do Mouro and Alvarinho “Folk Monção - O Mundo a Dançar”

Ponte de Mouro Village

Ponte de Mouro - Monção

GPS: N 42.074821 O -8.394306



Travassos village is set in a secluded location in Bilhó parish, in the municipality of Mondim de Basto, leaning against the Alvão Natural Park. The village's landscape is quite impressive: a close-knit group of houses, well-structured and lush farming fields, the mountain as the boundary and the river as a mark of separation. This is a typical rural village, where life goes on in a peaceful and invigorating environment that can be experienced by anyone that comes for a visit. While walking around Travassos, notice the different construction styles used in the residential, agricultural, religious and cultural buildings. Visit the Chapel of Santa Bárbara, where the festival's procession in honour of the patron saint of crops begins. This festival takes place in August. Admire the fountains, the public wash houses, the Roman bridge, the granaries, the mills, the shrines and the Calvary, in the most elevated point of the village, where the Way of the Cross ends. This takes place during Lent and it is a religious tradition rooted in the village people. Your visit is not complete without savouring the culinary delicacies of the municipality: roasted kid goat, the certified Maronesa meat and the *milhos ricos* (typical dish). Accompany your meal with a quality "vinho verde" and finish off with a regional dessert. Also, don't forget to keep looking around. The Alvão Natural Park is nearby and actually

TRAVASSOS MONDIM DE BASTO



provides an impressive frame for the village. Enjoy the quietness and take a long, deep breath!

Tourist attractions

Chapel of Santa Bárbara, Chapel and Fountain of São Bartolomeu, Parish Church of Bilhó (Church of the Divine Saviour), Travassos Bridge, Elementary School of Travassos

Nature

Bilhó Waterfall, Fiskas de Ermelo Waterfall, Alvão Natural Park

Picnic Spots

Veiga Nova Picnic Park

Travassos Village
Bilhó - Mondim de Basto
GPS: N 41.423331 O -7.844287



Vila da Ponte village, located between Minho and Trás-os-Montes, has features of both regions, which makes it a unique example of the peculiar regional traditions. The village has a long history, which can be seen from the archaeological remains and heritage to be found along the Roman Road Hiking Trail. It is believed that the granite bridge that gives the village its name was the first bridge to be built over the Cabril stream. Cross the bridge and linger on the Roman road, enjoying a lengthy and peaceful walk through the history and heritage of the village, with its several funerary monuments. Set between hill forts and cists this is the living proof that people have lived here for many centuries. Another old monument is

VILA DA PONTE MONTALEGRE

the Church of Vila da Ponte, a temple that was once used to worship other gods. Over time it welcomed the prevailing religion. Nowadays, it is an important Catholic church with a small Parish Museum. Vila da Ponte has 26 mills, which makes it the village with highest number of mills in the country! In addition to the traditional granite structures, which you can see while on the Mill Trail, the granaries and the community oven that are on the Bread route, you can also find two dams close by, located 2 to 4 kilometres away, and where you can enjoy the river beaches. Don't miss the opportunity to taste the local products that are still produced in the village today, such as the Santa Maria biological honey. As to the main course, we suggest "vitelinha Barrosã", a native breed which is highly appreciated.

Tourist attractions

Vila da Ponte Museum, Parish Church, Penedo da Caldeira Barrows (Mamoas), Roman Road, 26 Mills, Granaries and the Community Oven, Vila da Ponte Roman Bridge

Routes and trails

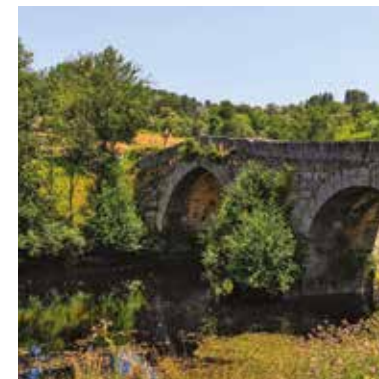
Mill Trail, Bread Route

Nature

Barroso Mountain

River beaches

Vila da Ponte river beach



Handicrafts and local products

Honey, Barrosã meat

Accommodation

Casa Batista (CEIBAT)

Vila da Ponte Village

Vila da Ponte - Montalegre

GPS: N 41.720236 O -7.896194



UL OLIVEIRA DE AZEMÉIS

Ul village stretches along two rivers, namely the Ul and the Antuã, which meet at Dois Rios Bridge and give the place a unique personality! This village lives between the present and a past rich in history, traditions and archaeological landmarks. It is believed to have been inhabited by prehistoric people, because it still has few pre-Celtic barrows. Take a stroll along the many routes and hiking trails available here, in particular the Rota dos Moinhos (Mill Route), on a trail that follows the Antuã and Ul rivers. Don't miss the chance to visit the Parque Temático Molinológico (Mill Theme Park), a true "living museum" of the structures used for making bread and cereal milling, an activity that is over 200 years old!

In addition to being a pleasant spot, this is also an educational area that promises to delight the little ones! The landscape is also marked by the infrastructures built over time, with roads, water channels and dams, some with impressive waterfalls. In the village centre you can see other historical landmarks: several granaries, the Church of Santa Maria de Ul - dating from 1790, but built on a Roman monument. The folklore and threshing are part of the culture of the village. You could easily run into one of the ethnographic groups, the "Padeirinhas de Ul" Folk Dance Group or the "Cravos e Rosas" Folk Dance Group. As for the local cuisine, it is impossible not to mention the Ul bread, as well as the twist

bread and the honey, which are the best delicacies of the village. So don't miss the chance to taste them!

Tourist attractions

Ul Hill Fort, Church of Santa Maria, Chapel of Adães

Interpretation/Information centres

Mill Theme Park and Mill and Bread of Ul Museological Group

Where to eat

Centro de Provas Gastronómico de Ul

Entertainment

The "Padeirinhas de Ul" Folk Dance Group, "Cravos e Rosas" Folk Dance Group, "Festival in the Village" annual event

Ul Village

Ul - Oliveira de Azeméis

GPS: N 40.814473 O -8.495899



We invite you to visit a place that has been occupied for at least two thousand years, as the gold mines of Castromil can attest to

Castromil is a golden village! We invite you to visit a place that has been a place of pilgrimage for at least two thousand years: the Gold Mines of Castromil. Located in a small hill covered by trees and bushes, the mines still preserve the marks of its long history and of the mining exploitation that must have occurred here, at least since Roman times. In order to get here, venture along the hiking trails organized by the City Council and visit the Interpretation Centre of the Gold Mines of Castromil and Banjas. The village is bounded by the Sousa river. On its riverbank, you will find a picnic and leisure park where you will feel like staying and contemplating the rural area, with a few woods and farming fields. It is also because of the mines that there is a different landscape today, which definitely deserves a closer look over Covas de Castromil. The name refers to the extensive holes and pits that occurred as a result of the gold mining techniques used by the Romans. Mills, granaries, barns and threshing floors are other constructions that you can admire while walking around the village. As for the typical culinary flavours, the cuisine of Castromil excels at serving, in different times of the year, traditional delicacies such as cornbread, "jerimus" (Christmas sweets made from jerimu pumpkin) and *sopa seca* (typical soup; at Easter). Those who love popular festivals will enjoy the celebrations in honour of São Sebastião, always preceded by a Way of the Cross that goes through the village. This celebration takes place in August.

CASTROMIL PAREDES



Tourist attractions

Mines of Castromil

Interpretation/Information centres

Interpretation Centre of the Gold Mines of Castromil and Banjas

Handicrafts and local products

Castromil Seedling Nurseries

Picnic spots

APDIS de Sobreira Picnic Park

Where to eat

Taberna do Mineiro e o Napoleão

Entertainment

Via Lucci

Castromil Village

Sobreira - Paredes

GPS: N 41.160472 O -8.389521



BICO
PAREDES DE COURA

On the outskirts of the village, more precisely on Corno do Bico and Chã de Lamas mountains, you will find the vestiges of barrows dating back as long as 5000 years

Bico village stretches all the way from the slopes of Corno de Bico mountain to the banks of the Coura river, in the municipality of Paredes de Coura. Stay in one of the restored rural tourism houses and enjoy the serenity of the countryside. Hit the road and take one of the many hiking trails of the village. Don't miss the chance to explore the Corno de Bico Protected Landscape, where you can choose between hiking, cycling or horse riding. If you are an adventurer at heart, you can also try your hand at some extreme sports, such as paintball or rafting. On the outskirts of the village, more precisely on Corno do Bico and Chã de Lamas mountains, you will find the vestiges of barrows dating back 5000



years, proving that there were settlements in this region during the Neolithic period. Bico village invites you to taste delicious typical delicacies: honey soup, Bico-style bean stew, "papas de milho-miúdo" (a typical dish), fried pork meat, trout and "belouras de milho" (a typical dish). As for the village's cultural traditions, the handicraft products made of wool and linen (socks and sweaters) do stand out, as well as the Camponês de Bico Folk Dance Group, over 50 years old, responsible for promoting the traditional dances and songs of Bico.

Tourist attractions
Parish Church of St. John the Baptist

Interpretation/Information centres
Environmental Education and Interpretation Centre of Corno de Bico
Nature
Corno do Bico Protected landscape, Lameiro das Cebolas
Viewpoints
Corno do Bico Viewpoint
Handicrafts and local products
Linen and Wool
Accommodation
Casa das Cerejas, Casa Sonho da Seara
Entertainment
Camponês de Bico Folk Dance Group

Bico Village
Bico - Paredes de Coura
GPS: N 41.893504 O -8.524967



Porreiras is a mountainous village located on the slope of Boalhosa mountain. It was once known as São Miguel de Rabel, a name inspired in the musical instrument used by the shepherds: the rabel (a bowed, string instrument). It is believed that the origin of the name Porreiras might be linked to the way taxes were paid, that is, "per threshing floors".

Known as the "Granary of Minho", the village has one community threshing floor, with nine granaries and four porches, which are considered the village's landmarks. In the village centre, visit the Chapel of Senhora do Pilar, go for a walk (without rushing) along the narrow streets and enjoy the pure mountain air!

Take the Shepherd Trail (Percurso do Pastor) and discover beautiful natural retreats! During the journey, pay close attention to the yellow and red marks and admire the rural settlements, the archaeological remains and the crystal watercourses, along 11 kilometres filled with magnificent landscapes! Visit the five restored community mills that are still operational today. These mills form one of the most interesting sets of hydraulic mills in Minho. Regain your strength in Agueiros Leisure Park, where you can enjoy a nice picnic. To make it perfect, take smoked pork sausages, "bolo do tacho" (cake cooked in a saucepan) and "filhoses da pedra" (typical sweet). These are the dishes that make up the typical cuisine

PORREIRAS PAREDES DE COURA



of this rural settlement. If you enjoy handicrafts, you should know that wool socks are the product that best represent the handicrafts of Porreiras.

Tourist attractions

Main Church of Porreiras (São Miguel), Group of Granaries and Community Threshing Floor, Porreiras Mills, Chapel of Senhora do Pilar

Routes and trails

Shepard Trail

Picnic spots

Outeiro Porreiras Picnic Park, Chapel of Senhora do Pilar

Porreiras Village

Porreiras - Paredes de Coura

GPS: N 41.951680 O -8.555430



CABROELO PENAFIEL

Cornbread is one of the most typical foods of the village, so much so that it has its own museum! The Cornbread Museum (Museu da Broa) is located in the lower part of the village, on the banks of the Trunqueira stream.

Located in the Mau river valley, Cabroelo is a rural village around which the green landscape of Boneca mountain emerges. Don't miss the opportunity to go for a walk along its gentle slope and enjoy its green outlines!

Go up to the Chapel of São Mateus watching over the village from above. You can choose different paths that lead back to the houses and that are worth exploring while taking a walk, or during the festival that celebrates the patron saint, held in September. The religious celebration inherited from the past is announced by the lifting of a high mast decorated with vegetables!

In the centre of the old group of houses, admire the traditional

residential buildings and pay close attention to Casa Alves. Dating back from 1805, this house is an example of traditional architecture, with its long façade facing the road. Cornbread is one of the most typical foods of the village, so much so that it has its own museum! The Cornbread Museum is located in the lower part of the village, on the banks of the Trunqueira stream. Here, besides learning about the different stages of making cornbread, you can also admire the interesting restored mills, spread along the stream. After your walk, you can rest at the Capela Leisure Park and get your strength back so that you can carry on. There are other natural wonders waiting for you, such as the fauna and flora in the marshes and natural meadows where the Entre Águas stream is born. This stream feeds a mountain water line, which during heavy rainfalls bursts and runs down the great mountain slopes on its way to the Douro river. It is no wonder that it was named "rio Mau" (Bad river)!

Tourist attractions

Chapel of São Mateus, Calvário de Capela, Capela Mills

Routes and trails

Hiking and bike trails - Mill Road

Interpretation/Information centre

Museu da Broa (Cornbread Museum), Casa da Cultura de Capela (Culture House)



Picnic Spots

Cabroelo Sports Association Picnic Park

Cabroelo Village

Capela - Penafiel

GPS: N 41.095643 O -8.339005



Located on a slight hillside, the beautiful Figueira village calmly descends until it reaches a plain. Surrounded by a green landscape, the village dates back almost a thousand years. Let yourself be dazzled by this village, which is part of the municipality of Penafiel. Walk around the village centre and admire a landmark of Figueira, which in itself deserves a visit: a group of eight irrigation mills stretching right from the top of Mozinho Mountain plateau, supplied by the Pisão stream, to the houses. A walk through nature that no one can miss! Since the village's history has always been linked to herding, a statue was erected in the village to honour its shepherds, who have been here since ancient times and are now immortalized in this stone image.

After strolling around, the next stop should definitely involve trying the traditional flavours of Figueira, such as the roasted kid goat, the chicken blood rice and "sopa seca" (typical dessert). Figueira embraces the festivities during the weekend after 18 July, a date in which celebrations in honour of the patron saint of the local church, Santa Marinha, take place. The people also get together for another curious event: on the weekend after the Epiphany, the village people organize themselves to present the "Scene of the Three Wise Men", a popular old pageant. The play is handed down orally from fathers to

FIGUEIRA PENAFIEL



sons and it is presented in the churchyard.

Tourist attractions

Church of Figueira, Group of Mills

Routes and trails

Legends of Figueira Trail

Where to eat

Aventuras no Prato

Entertainment

"Auto dos Reis Magos" (Scene of the Three Wise Men/Pageant); Há Festa na Aldeia

Figueira Village

Figueira - Penafiel

GPS: N 41.116674 O -8.344496



QUINTANDONA PENAFIEL

The beauty of the landscape and architecture of Quintandona will surprise the moment you arrive. The village is filled with history and although it is located near urban centres, this has not stopped it from preserving tradition. The architecture is unique: village buildings use three different materials - granite, schist and slate, which gives it a quite distinctive personality. Quintandona is characterized by a beautiful rural landscape that can be appreciated by walking along the road that connects the village to Pegadinha Hill, which is simultaneously a natural viewpoint. Take your time on this hiking trail, observing the bucolic landscape, the traditional public wash houses, the chapel, which is over 200 years old,

and the ancient cross. Did you know that they put on plays in this little village? The "Os ComeDEantes" association chose this place as a source of inspiration and to promote this art! Quintandona has several points of interest nearby, which you can't miss the opportunity to visit. We suggest a visit to the Castro (Hill Fort) of Mozinho Hill, approximately 8 km from the village, commonly known as the Dead City. This impressive Romanised settlement is part of the Northwest Peninsula Hill Fort Network. It has an extensive archaeological visiting area, an Interpretation Centre and a pleasant picnic park at your service. A perfect time to visit Quintandona village is during the third weekend of

September, when the typical Soup Festival takes place. Come and try the traditional soups, in a journey that will take you to the 1950s and 1960s, when these soups were the basis of the rural population's diet. In order to fully enjoy everything that this place has to offer, stay at one of the rural accommodation units in the village.

Tourist attractions

Chapel of Casa da Cruz, Castro (Hill Fort) of Mozinho Hill

Interpretation/Information centre

Interpretation Centre of Quintandona Village, Penafiel Museum Centre

Parks and Gardens

Lagares Park

Sports

Mountain Biking Support Building

Where to eat

Casa da Viúva Wine-Bar

Accommodation

Casa de Valxisto, Casa do Aguiro, Casa da Vizinha da Viúva

Entertainment

Centro Cultural Casa do Xiné, ComoDEantes - Theatre Group, "Quintandona Soup Festival"

Quintandona Village

Lagares - Penafiel

GPS: N 41.133508 O -8.378761



A good time to visit Souto is during the Penedono Mediaeval Fair, when the village dresses up in clothes from days of yore

Souto Village breathes history through every pore. The castle watches over this parish full of heritage, which is part of the municipality of Penedono. Located on an elevated site, it takes a bit of effort to make the climb, but it is worth it: the castle stands out and offers a panoramic view over the entire region. Take the opportunity to discover each one of its retreats! The village is concentrated around the castle, in an elevated site that is worth exploring as far as the valley where the Tordo river runs. The Pillory of Souto, a national monument, is well worth a visit. Afterwards, set off to discover the diverse heritage of the village. In addition to the Fountain and the Clock Tower, explore the several religious sites that are worth visiting, such as the Main Church and the Chapels of São Sebastião, Senhora da Lapa, Divino Espírito Santo, Santa Bárbara and Senhora da Piedade. A good time to visit Souto is during the Penedono Mediaeval Fair, when the village dresses up in clothes from days of yore and embraces its mediaeval spirit. Other traditions of the area, both Christian and Pagan, include singing New Year's carols, wine stomping, roasting chestnuts during the feast of São Martinho, the Way of the Cross, the blessing of the harvests and the midnight mass around the stump. While travelling through Souto, you can't miss the opportunity to taste the roasted kid goat, the several

SOUTO PENEDONO



dishes made with chestnuts and the sponge cake.

Tourist attractions

Chapel of São Sebastião, Chapel of Trancosã, Main Church of Souto, Clock Tower, Pillory of Souto, Penedono Castle

Souto Village
Souto - Penedono
GPS: N 41.019774 O -7.354068

Set in Amarela mountain, Germil is a typical mountain village. Located in the heart of the Peneda-Gerês National Park, the village still preserves the rural environment and the community's way of life from another time. Organized in two clusters of typical granite houses, with reddish brown doors and windows, Germil has narrow streets (covered by vines), stone pavements and water gushing from every corner. It is almost a rule that it should be visited on foot! At the village, an old watermill, the church dating from 1880 and a few granite granaries do stand out. Pay close attention to a sundial that stands out on top of one of them, a reminder of days of yore. Stay in one of the rural tourism units in the village and enjoy the close contact with nature! Germil is the perfect place to rest, enjoy pleasant moments of peace and give wings to your mountain explorer spirit. In the vicinity of the village, you can visit the Fojo do Lobo (Wolf Pit), which stretches for 1400 metres on the western bank of the Germil river valley. On the same road, heading towards the village, you can see a few "silhas", stone constructions that were once used to protect beehives from bear attacks. Enjoy the typical culinary flavours of the village: Germil-style lamb stew, cheese and honey. Basket making (traditional and with reeds), linen and wool items, clog making and embroidery are the typical handicrafts in Germil Village.

GERMIL PONTE DA BARCA



Tourist attractions

Sundial of Germil, Main Church of Germil

Nature

Peneda-Gerês National Park

Viewpoints

Brufe Viewpoint, Germil de Cima Viewpoint

Accommodation

Casa José Dias, Casa da Eira, Casa Nova, Casas Real Danaia

Germil Village

Germil - Ponte da Barca

GPS: N 41.782947 O -8.264876



LINDOSO PONTE DA BARCA

Lindoso is a village in the municipality of Ponte da Barca that borders Spain and is part of the Peneda-Gerês National Park. It was a town and a county seat until the beginning of the 19th century. The village has a large and valuable architectural heritage. The Lindoso Castle, built during the reign of King D. Afonso III, in the 13th century, was classified as national monument and is worth a lengthy visit.

Pay close attention to the village's granaries. There are more than fifty examples, dating from the 18th and 19th centuries, still used today for drying cereals. The village has several restored tourism houses, which are a perfect invitation to stay in the Alto

Minho region. If you wish to take a souvenir from Lindoso, there are plenty of typical handicrafts to choose from: miniature granaries and wooden farming items, baskets, clogs, croça overcoats and "cruchos" (straw and reed garments), embroidered linen items and wool blankets. Taste the traditional delicacies of Lindoso: lamprey, trout, Minho-style fried pork meat, "cozido à Portuguesa" (Portuguese stew made of boiled meat with vegetables), roasted kid goat, barrosã steak, smoked meat, "vinho verde" and honey. Lindoso hosts a few traditional festivals/fairs, the most noteworthy of which are: the "Pai Velho", during Shrovetide, a time-honoured tradition that



represents the transition from winter to spring, and which includes a procession through the village streets to the sound of concertinas, drums, "cantares ao desafio" (traditional singing challenges) and the "Malhada Tradicional" (traditional threshing event), which takes place at the end of August.

Tourist attractions

Lindoso Castle, Lindoso Granaries, Tornada Fountain, Village's Public Wash House, the Chapel of Santa Maria Madalena, Main Church of Lindoso (Church of São Mamede), Rock art of Porto Chão, Água de Parada Mills, Pillory of Parada, Santiago Bridge, Parada Mediaeval Bridge, Chapel of Santo André (Senhor do Amparo), Poço da Gola, Parada Granaries, Leijas Threshing Floor, Hydroelectric Power Plant of Alto de Lindoso

Interpretation/Information centre

Porta de Lindoso - Peneda-Gerês National Park

Nature

Peneda-Gerês National Park, Rio da Escada Waterfall in Lindoso

Viewpoints

Antenas de Louriça Viewpoint, Vistas da Serra Amarela - Antenas do Lindoso



Water resources

Lindoso Dam and Reservoir

Picnic spots

Madalena Picnic Park

Where to eat

Restaurante Lindo Verde, Restaurante São Martinho

Accommodation

Casa do Amparo, Casa do Moinho, Casa dos Espigueiros, Casa do Assento, Casa da Fonte da Tornada, Casa do Poma, Casa do Outeiro

Lindoso Village

Lindoso - Ponte da Barca

GPS: N 41.864699 O -8.199685

The tin mining in Ponte de Lima, since the first half of the 20th century, and the discovery of extremely rare minerals only found in this region, transformed Cabração into a mining village.



Cabração is a small village of Minho, located between Arga and Formigoso mountains. Legend has it that this was a place where numerous herds of goats grazed, and which ultimately led to the name of the village – “Cabras são, Senhor” (Goats they are, Sir)! The tin mining, since the first half of the 20th century, and the discovery of extremely rare minerals only found in this region, transformed Cabração into a mining village. While walking through the narrow streets of the village, the schist and granite used in most buildings immediately stand out. A good example of this is the tourist accommodation units found here which were created from rustic houses restored for this purpose. The landscape, historical and environmental wealth is an invitation to discover Cabração village. Take a closer look at the Parish Church of Santa Maria da Cabração, a small temple restored in 1761, which has an extremely rare interior altarpiece made of stone, dating from the second half of the 18th century. Climb up to Lugar da Escusa, enjoy the beauty of the landscape and take a deep breath! Between Alto do Cavalinho and Lugar de Mãos, the area offers exceptional conditions to go hiking and practice adventure sports (mountain biking and downhill). Don't leave without first trying the typical culinary delicacies: “arroz de sarrabulho” (typical dish), Minho-style fried pork meat, “cozido à Portuguesa” (Portuguese stew made

CABRAÇÃO PONTE DE LIMA



of boiled meat with vegetables), roasted kid goat, smoked meat, lamprey, eel, trout, cornbread, “vinho verde” and honey.

Tourist attractions

Main Church of Cabração

Sports

Mountain Bike and Downhill Trails

Picnic Spots

Cabração Picnic Park

Accommodation

Casa do Torril, Casa dos Três Irmãos

Casa da Encruzilhada

Cabração Village

Cabração - Ponte de Lima

GPS: N 41.833039 O -8.649416



CARREIRA PÓVOA DE LANHOSO

Lose yourself in the natural beauty of the region, taking one of the two suggested hiking trails: the Ribeiro Queimado Hiking Trail and the Monte do Merouço Hiking Trail

Carreira village is located in the foothills of Merouço Hill, in the Sobradelo da Goma parish, in the municipality of Póvoa de Lanhoso. Spend a few relaxing days in one of the typical houses of Minho, which were restored and adapted for tourism purposes. The scenery is an invitation to enjoy your stay without rushing. Take your time admiring the rural landscape, filled with green fields, terraces, oak groves and pine groves! Visit the small chapel of Casa da Capela and the restored Carreira watermill, which was once used to grind the grains to make bread. Lose yourself in the natural beauty of the region, taking one of the two suggested hiking trails: the Ribeiro Queimado Hiking Trail and the Monte

do Merouço Hiking Trail. Stop for a while in the rest area near a small stream with crystal waters and enjoy the bucolic scene! It is possible that you might even see a “garrano” (small horse)! Fluffy rice and beans, “cozido à Portuguesa” (Portuguese stew made of boiled meat with vegetables) and the sponge cake are the typical culinary specialities of Carreira. In Sobradelo da Goma, the parish where the village of Carreira is set, there are several filigree workshops where beautiful examples of the region’s traditional handicrafts are created.

Tourist attractions

Carreira Village Watermill, Travassos Gold Museum, Monastery of Taide, Shrine of Nossa Senhora de Porto d’Ave

Routes and trails

Ribeiro Queimado Hiking Trail, Monte do Merouço Hiking Trail

Handicrafts and local products

Ouro Workshop

Accommodation

Casa da Capela, Casas das Eiras, Casa do Outeiro, Casa Oceane

Carreira Village

Sobradelo da Goma - Póvoa de Lanhoso

GPS: N 41.556338 O -8.165198



AGUNCHOS
RIBEIRA DE PENÁ

Agunchos is a typical rural village, boasting an aristocratic beauty. On the slopes of the Tâmeга river, between Barroso e Marão mountains, you can find an elegant cluster of neatly aligned granite houses, true examples of an age-old architecture, with artistically worked arches, pillars and courtyards that it a unique beauty. While walking around the village, keep your head up and your eyes open. You will be amazed by the simple beauty of the well-preserved buildings, the streets and alleyways, the church, the paved threshing floors, the granaries and sheds used to store farm tools and fodder. Once in a while stop to admire the Tâmeга valley and the place where it

meets the Laredo river. A truly breathtaking landscape, visible from several spots in the village. Don't miss the opportunity to mingle with the locals and, why not take part in the threshing and other traditional farming activities?

These traditions were reinstated on the initiative of the Agunchos Sports, Cultural and Recreational Association, which also has its own folk dance group. In the restaurants in the parish, you can and should taste the typical cuisine of the region, which includes chicken blood rice, fried pork meat, cabbage with beans, "milhos ricos" (typical dish) and "enchidos" (typical Portuguese smoked sausages). For dessert, enjoy the pudding, the homemade sponge cake and "mexidos" (typical dessert). As a souvenir, there is nothing better than a handmade linen item.

Tourist attractions

Chapel of Agunchos (Chapel of Santa Marta), Agunchos Granary, Cabrestos Bridge

Routes and trails

Camilo Route, Treasures of Ribeira de Pena Route

Nature

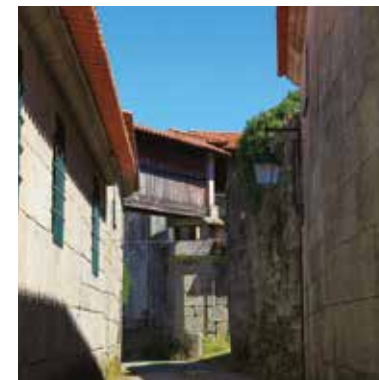
Cerva Landscapes

Sports

Cavez Recreational Fishing Trail, Adventure sports: Pena Aventura Park

Handicrafts and local products

Cervenses Artisan Cooperative



Picnic spots

"Os Cervinhas" Forest Club Picnic Park

Accommodation

Casa do Cerrado

Agunchos Village

Cerva - Ribeira de Pena

GPS: N 41.490230 O -7.891419



SANTO ALEIXO DE ALÉM TÂMEGA

RIBEIRA DE PENA

Santo Aleixo de Além Tâmega lies in the northern part of the municipality of Ribeira de Pena, in a fertile valley of the Tâmega river. Legend has it that, for many years, the village was isolated from Salvador, the parish seat, due to the rising waters of the Tâmega. The communication problem was only solved in 1913, with the construction of the Arame Bridge, which was decommissioned in 1963. Nowadays, it is one of the must-see tourist attractions. In addition to the ingenious and original structure, unique in the country, the surroundings are breathtaking. To conveniently enjoy everything the place has to offer, it is best to explore it on foot. Take the old rural roads where Portuguese novelist Camilo

Castelo Branco probably walked on the way to his home in Friúme. Walk down the trail along the side of Santo Aleixo water channel and let yourself be dazzled by the surrounding natural beauty, from the slopes of Ribeira de Pena to the green Tâmega valley, or the peaks of Alvão mountain.

The architectural heritage also deserves your attention. Admire the traditional granaries, the threshing floors, the typical houses with their porches, the sundials and the community mills.

At the table, enjoy the traditional flavours of pork, kid goat, Portuguese cabbage and “enchidos” (typical Portuguese smoked sausages). The weaving, clog making and basket making are among the most common crafts known to the local artisans. You will not have any problem finding the perfect souvenir.

Tourist attractions

Church of the Senhor de Santo Aleixo, Venda Nova Museological Group, Casa de Camilo-Friúme, Ponte de Arame (Wire Bridge), Ponderado (changed to Balteiro Bridge), Melhe Architectural Group, Santo Aleixo de Além Tâmega Mills

Typical houses and important buildings

Casa Brasonada do Barroso , Casa da Aldeia , Casa do Fragão, Casa do Outeiro, Casa da Eira, Casa da Teixeira, Casa do Casal



Routes and trails

Treasures of Ribeira de Pena Routes, Camilo Castelo Branco Route

Nature

Santo Aleixo Water Channel

Sports

Pena Aventura Park (adventure sports)

Accommodation

Casa da Quinta da Fêcha

Santo Aleixo de Além Tâmega Village

Santo Aleixo de Além Tâmega - Ribeira de Pena

GPS: N 41.540875 O -7.806144



PROVESENDE SABROSA

Located in the heart of the Alto Douro Wine Region, Provesende is a must-visit. On the northern bank of the Douro River, its location at the top of a plateau gives it a spectacular view over the world's oldest wine region, a UNESCO World Heritage site. The many vineyards that surround it, the village's main square and its magnificent buildings will take you on a journey through time, with much to discover. Provesende is a well-preserved village that will dazzle you with its unique heritage. In a lengthy walk through the village streets, admire the granite manor houses and the several noble houses that attest to the region's power and wealth. Near the Main Church, dating back from the 18th century, you can find the granite drinking Fountain dating back to 1755. Also, don't miss the chance to visit a traditional bakery next to this fountain, whose configuration is still the same as it was when the place first opened its doors in 1940. Provesende was classified as a "Douro Wine-growing Village" and it will house the Phylloxera Museum, since it was here that people first started

fighting this plague in the 19th century. A good time to visit Provesende is during the Douro Wine-growing Villages Festival, which celebrates these small places filled with history. It takes place between September and October. In order to taste the regional flavours, always accompanied by the Douro wines, we suggest you stop by the village's typical restaurant, where you can also find traditional local products on sale.

Tourist attractions

Main Church of Provesende, Pillory of Provesende, Chapel of Provesende, Old Fountain of Provesende, Lusitanian-roman Cemetery (Quinta da Relva)

Routes and trails

São Cristóvão do Douro Torga Trail

Nature

Alto Douro Wine Region – UNESCO World Heritage Site

Viewpoints

Chapel of São Domingos Viewpoint

Handicrafts and local products

"Cepa Art" Handicrafts, Traditional Bakery, Amarela Store

Where to eat

Papas Zaide

Accommodation

Morgadio da Calçada, Quinta Manhães D'Ouro

Provesende Village

Provesende - Sabrosa

GPS: N 41.217722 O -7.566895



PORTO CARVOEIRO

SANTA MARIA DA FEIRA

As soon as you arrive in Porto Carvoeiro village, the view over Inha river will immediately catch your attention. Located on the banks of Inha river, Porto Carvoeiro was once an important trading hub in the municipality. Here, salt arrived from the south, coal from the interior, as well as passengers and boats transporting Port Wine. *Rabelo* boats sailed from here, carrying a variety of goods to Porto, such as timber, firewood and coal. It is well worth taking a walk alongside the banks of this village, which is settled between the river and a dense eucalyptus and pine forest. During a stroll in the streets of Porto Carvoeiro, take a closer look at the unique architecture of the two manor style houses, one of which has a particularly beautiful private chapel. There are two special times to



visit the village: during the Imaginarius International Street Theatre Festival, which usually holds at least one show, and during the festivals dedicated to São Lourenço, on the first weekend of August. If you enjoy water sports, don't miss the opportunity to take one of the canoeing trails in small boats that pass through the area. In the village tradition, you can find several products to taste, in addition to those that come from the river. The honey and the regional flavours are safe bets indeed, such as the mixed roast meats on a bed of rice, roast potatoes with thyme and, for dessert, the sweet bread with pumpkin jam and walnuts, covered with honey and accompanied by Port wine.

Tourist attractions

Chapel of São Paio, Chapel of Nossa Senhora da Piedade, Quinta da Laje Barrow (Mamoá), Fiães Hill Fort, Romariz Hill Fort, Santa Maria da Feira Castle, Convent of Lóios, Solar Conde do Fijó (Manor House / Orfeão), Cork Museum

Nature

Douro River

Spas

Caldas de S. Jorge

Entertainment

"Há Festa na Aldeia" annual event

Porto Carvoeiro Village
Canedo - Santa Maria da Feira
GPS: N 41.049756 O -8.445283



Located in the heart of the region classified by UNESCO as a World Heritage site, São Xisto is an enchanted place over the Douro river! Located in Vale de Figueira, the village is dominated by a breathtaking landscape! In order to fully enjoy this village, you only need to look around and see the mountains and the valleys, the Douro river nearby, the traditional stone walls and the vineyards' typical terraces on the banks of this river. However, the many charms of this village do not end here... Let yourself be dazzled by the diverse heritage of this beautiful village, which includes the Chapel of São Xisto, the Anjo Arrependido Viewpoint, the Centennial Fountain and the several typical schist houses. The places to visit during a leisurely walk also include the inevitable oil and wine presses – after all, we are on the banks of the Douro river. The Douro river pier and the Ferradosa train station give even more charm to this area. São Xisto village has very specific features linked to the importance of the vineyards. Here, as the name suggests, the schist dominates the area, contrasting with the granite that covers the opposite bank. In addition to the abundant quality wine that can be found here, the local cuisine is based on local products, but also on shepherding traditions that have left marks on the traditional cuisine: the kid goat roasted in a firewood oven is highly appreciated around here. Hunting and,

SÃO XISTO

S. JOÃO DA PESQUEIRA



of course, fishing also have a place at the table in São Xisto.

Tourist attractions

Chapel of Santo Ouvídio, Douro river pier

Nature

Alto Douro Wine Region – UNESCO World Heritage site, Douro river

Viewpoints

Santa Bárbara Viewpoint, São Salvador do Mundo Viewpoint

Where to eat

Ferradosa Pier

Accommodation

Quinta de São Xisto

São Xisto Village

Vale de Figueira - São João da Pesqueira

GPS: N 41.141603 O -7.333644



LUGAR DA LAPA SERNANCELHE

In order to reach Lugar da Lapa, an important place of pilgrimage, you will have to travel across places where the landscape was described by Portuguese novelist Aquilino Ribeiro - who knew it so well - as the "Terras do Demo" (Devil's Lands). The large granite stones are landmarks of the harshness and aridity of the area. In fact, "Lapa" is a granite stone that forms a cave, and since it was protected it is said to have served as a refuge for Our Lady, from whom the shrine gets its name. Nowadays, it is a place of national pilgrimage. The imposing building of the Jesuit College, which dates back to the 16th century, the houses and the roads, all in granite, create a unique atmosphere. This is also the source of the Vouga

River and you can sip cool water from its spring. Visit the 13th century shrine and make the pilgrimage: the cave has a very narrow stone, which according to tradition everyone can pass except those with a grave sin. Inside the church, you will find a permanent Nativity scene, which deserves a closer look. Afterwards, take a walk around the village and discover the crosses, the viewpoints and its cafés. You can also explore the area by bicycle, since there is a significant stretch of trails for this purpose. The Aquiliniana Fair, where the products of the region are promoted and sold, is also held here once a year. From Lapa, you can take home the traditional and famous handmade cheeses, the "enchidos" (typical Portuguese smoked sausages) and the famous bread. You can also try the kid goat, one of the most typical local dishes, in one of the various restaurants in Lapa.

Tourist attractions

Chapel of the Shrine of Lapa, Shrine of Lapa, Chapel of Nossa Senhora da Lapa, Pillory of Lapa, Prison and Town Hall House, Monastery of Lapa, Fountain of the Source of the Vouga River, Lapa Fountain, Convent of Nossa Senhora do Carmo



Nature

Lapa Mountain, Source of the Vouga River

Parks and gardens

Lapa Leisure Park

Handicrafts and local products

Lapa Cheese, Traditional Bread

Where to eat

Casa das Trutas, O Judeu

Lapa Village

Quintela - Sernancelhe

GPS: N 40.870221 O -7.575653



BARCOS TABUAÇO

In the Alto Douro Wine Region, Barcos village in Tabuaço has a long history to tell. According to the vestiges found in the area, many people have passed through here, since at least the Bronze Age. In this beautiful village, you can also explore the marks from other eras, such as the several mediaeval buildings. Tradition is preserved in the village's typical houses, which are organized around the Main Church, dating from the 12th century. Among other buildings rich in history that are definitely worth a lengthy visit, we find the traditional manor houses and stately homes, with their time-etched façades, as well as other buildings that attest to the importance this village had in the past. The sacred and the profane can be found on the old

Way of the Cross route, which ends next to the Chapel of Santa Bárbara. During the Holy Week, a time of celebration in Barcos, the route is brought to life with live scenes throughout the village. Another festival that you can't miss is the Harvest Festival in October. The Carnival also has a deep-rooted tradition in the village! During this period, there are several typical rituals that take place, such as the "wedding" between the young people of the parish, the building of a bull, the burial of the Holy Shrovetide and the Burning of Judas, as well as several traditional games. However, Barcos' charms go beyond its heritage. All around the village, you can see the peculiar configuration of the terraced lands,

descending towards the cool banks of the Douro river.

Tourist attractions

Main Church of Barcos (Church of Nossa Senhora da Assunção), Romanesque Chapel of Sabroso (Chapel of Santa Maria de Sabroso), Chapel of Barcos, Centenários Cross, Old Town Hall House and Barcos Prison, Old Fountain, Churchyard Fountain, old Oven of the Confraria

Routes and trails

"European Wine Route", Barcos-Monte Travesso Hiking Trail, Barcos-Adorigo Hiking Trail

Handicrafts and local products

Port Wine, Traditional Convent Sweets of Barcos

Picnic Spots

Shrine of Nossa Senhora do Sabroso Picnic Park, Quinta da Padrela

Accommodation

Quinta da Padrela

Barcos Village

Barcos -Tabuaço

GPS: N 41.122462 O -7.600902



GRANJA DO TEDO TABUAÇO

Those arriving at the picturesque village of Granja do Tedo and see its breathtaking natural beauty, will find it hard to believe the bloody origins of this land. Located on a hillside on the banks of the river, the village owes its name to a knight, D. Thedon Ramires, who conquered several territories from the Moors and founded his house here in the 10th century, with a farm and an extensive olive grove. Nowadays, the village is a quiet place of rare beauty that is worth discovering in detail. You can start by visiting the Historical Garden, where several poems painted on tiles actually recount the legend of the Moorish princess Ardínia. Walk through the village centre: the cluster where you can find several original

buildings, with their typical wooden balconies, the Manor Houses, the Fountain, the Pillory, as well as the village's mills, famous throughout the region. There are several hiking trails that will allow you to discover the many features of the village and its green surroundings. Enjoy the large expanse of elder trees planted all over the village, giving it a unique image, which is also celebrated at the Festa dos Sabugueiros em Flor, in May. Although the Moors are somehow linked to the foundation of the village, Catholic traditions carry more weight here: on Good Friday, a procession is held at night and the entire village is illuminated with oil lamps. Wicker baskets are one of the most typical objects in the village, making it a wonderful souvenir to take home from this visit.

Tourist attractions

Main Church of Granja do Tedo (Church of São Faustino and São Jovita), Square Fountain, Crosses, Pillory of Granja do Tedo, Granja do Tedo Roman Bridge, Community Oven, Chapel of Senhora do Socorro

Typical houses and important buildings

Casa dos Oliveira Cardoso, dating from the 18th century, Old Town Hall House and Granja do Tedo Court, Casa de Maria Coroada (Casa dos Santos Custódios / Arca da Aliança), nineteenth century Chalet in the Square, Solar de Granja do Tedo



(Manor House), Solar Oliveira Rebelo (Manor House)

Parks and gardens

Granja do Tedo Historical Garden

River beaches

Granja do Tedo river beach

Handicrafts and local products

Granja do Tedo Basketry


Picnic Spots

Granja do Tedo Picnic Park

Granja do Tedo Village

Granja do Tedo - Tabuaço

GPS: N 41.067817 O -7.612698



Cutelo is located on the slope of Amarela mountain, very close to the Peneda-Gerês National Park and the border with Spain. The village is also part of Cibões parish, in the municipality of Terras do Bouro.

Seated on the hillsides of Mixões da Serra, Cabril, Parada and Moura rivers and the small Brufe stream, this is a typical mountain village that still preserves its granaries, threshing floors, sundials and watermills, in a truly harmonious rural scenery. Admire the typical granite houses, good examples of the popular architecture, as well as the historical and cultural heritage: Celtic graves, traces of fortifications and Roman patterns and the Chapel of São Domingos do Cutelo.

In the village, there are a few tourism houses that will offer you a pleasant stay. Enjoy your experience in Cutelo and give into the deliciously slow rhythm of the village! If you prefer other rhythms, go for it and take the "Big Route - Casarotas Trail", a long hiking trail (30 kilometres) that will take you to Brufe, Carvalheira, Covide and Campo do Gerês parishes, giving you the chance to discover the historical and cultural heritage of these places. In order to savour the region's typical delicacies, go to Brufe (1 kilometre away) and, in Abocanhado, discover unique flavours: barrosã meat, kid goat from the hillsides of Brufe and wild boar are some of the delicacies suggested. End your meal with the famous regional sweets.

Tourist attractions

Parish Church of Brufe, Door of the Peneda-Gerês National Park, Chapel

CUTELO TERRAS DE BOURO



of Cutelo, Vilarinho das Furnas Ethnographic Museum, Geira Museum

Routes and trails

Big Route - Casarotas Trail

Viewpoints

Brufe Viewpoint

Handicrafts and local products

Pedras Brancas Handicraft Centre in Brufe, linen products and embroidery (sweetheart handkerchief)

Where to eat

O Abocanhado

Accommodation

Casa D'Avó Glória, Casa do Antana, Casa do Capitão, Casa do Gaió, Caso do Tum, Casa dos Lages, Casa Encostas da Torre, Casa da Aguça, Casa da Cerca, Cerdeira Campsite

Cutelo Village

Cibões - Terras do Bouro

GPS: N 41.771985 O -8.249632



SANTA ISABEL DO MONTE

TERRAS DE BOURO

Santa Isabel do Monte village is located at the peak of the hill bearing the same name and is part of the municipality of Terras de Bouro. The village has some rural tourism houses that are an invitation to enjoy restful days in the heart of Minho! Santa Isabel do Monte preserves a few archaeological remains, such as a hill fort and the megalithic tombs, evidence of the occupation of the land in ancient times.

Take a walk around the typical granite houses and granaries. Visit the Main Church and the Calvary, dating from the 19th century, the Chapel of St. John Baptist (18th century), in Casa dos Bernardos, and the Chapel of Santo António, in Casa da Roseira. We also suggest a visit to the Monte de



Abades Country Cottage and the Interpretation Centre of Monte, where you can find information concerning the main tourist attractions in the region. There are two mountain trails, properly marked and signposted: the Castle Trail and the Mill Trail. Breathe the fresh mountain air and enjoy the magnificent landscape dotted with oak and pine trees! You will probably see cattle out grazing and, in the distance, São Mamede, Sameiro and Falperra hills. Admire the mills, built between the 17th and 19th centuries, which were restored and are located near the watercourses. The typical handicrafts include wooden handicrafts, linen and wool items, aromatic herbs and honey.

Santa Isabel do Monte preserves a few archaeological remains, such as a hill fort and megalithic tombs, evidence of the occupation of this land in ancient times

Tourist attractions

Church of Santa Isabel do Monte, Mills

Routes and trails

Castle Trail and Mill Trail

Interpretation/Information centres

Interpretation Centre of Escola do Monte

Where to eat

O Encontro

Accommodation

Casa dos Bernardos, Casa Monte Abades, Casa do Bárrio

Santa Isabel do Monte Village
Monte - Terras de Bouro
GPS: N 41.693006 O -8.245807



CARVIÇAIS

TORRE DE MONCORVO

Carviçais is the largest village of the municipality of Torre de Moncorvo and one of its largest parishes. Due to the National Road, connecting Torre de Moncorvo to Mogadouro and Freixo de Espada à Cinta, this village has managed to maintain a degree of development and dynamics, thus acquiring not only support structures for the people, but also attracting investments in the tourist area, namely, through the new TER accommodation units and the return of the “Carviçais-rock” Festival, legendary in the area. The village has also been able to preserve the rural features of its buildings, products and traditions.

Carviçais is a village that has a vast archaeological, cultural and

architectural heritage, with cultural and religious traditions, arts and crafts; it also has a rich landscape and a local cuisine profoundly linked to the native products and the artisanal bakery tradition, as well as the associativism, mainly present in the hunting association.

The village’s proximity to the county seat and the good roads have convinced its people not to leave the village. This is a lively place, with a dynamic local population willing to promote the village according to its traditions.

Tourist attractions

Carviçais Train Station; Main Church; Chapels of Sto. Cristo and Sta. Bárbara, Chapels the Holy Spirit and São Pedro, Chapel of Sra. dos Remédios, Cigadonha Hill Fort, S. Cristovão and S. Pedro Necropolis, Chelindrão da Presa, Square Fountain, Gil Fountain, Prado Fountain, Old Fountain, Cobbled Streets of Cigadonha, Gil, Presa and Carvalhal Fountains; Mondego Bridge, Casa do Abade Tavares, Cross, Public Lavatory

Routes and trails

Carviçais Greenway, Cigadonha Route, Gil Fountain Route, Capela dos Anjos Route

Nature

Sabor River and blossoming Almond Trees

Viewpoints

Sta. Bárbara Viewpoint

Water resources

Vale de Ferreiros Dam



Handicrafts and local products

Artisanal bakeries
Regional Cuisine (production and sale of the region’s products - smoked meat)

Where to eat

O Artur

Accommodation

Casa de Don Diogo, Casa do Padre Coxo

Entertainment

Holy Week Processions, Bread Fair and Blossoming Almond Tree Fair
Carviçais Rock Festival, PAN - Poetry, Heritage and Avant-garde Art Cross-border Meeting and Festival

Carviçais Village

Carviçais - Torre de Moncorvo

GPS: N 41.10836 O -6.53613



FELGUEIRA

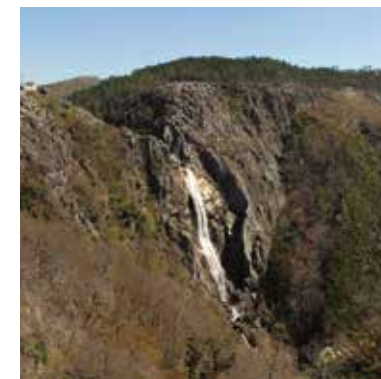
VALE DE CAMBRA

Traditions speak louder in Felgueira village, a place where old habits still play an important role. The village has known how to preserve its customs and characteristics, such as the granite houses' features and the stone paths. The beautiful landscapes of Freita mountain embrace this cluster of houses that is well worth a visit. Walk around the narrow streets and pay close attention to the details that surround you. Here, tradition is in the very air you breathe! Farming, much of it on terraces, give the area a unique colour, which you can also see from one of the village's many traditional and forest hiking trails, all signposted. Don't miss the chance to cool off on the banks of the Cabrum river, which runs through the village. However, this is not only a village to be

observed. Here, there is joy and celebration of the various day-to-day and cultural initiatives, which you can also take part in, promoted by the Felgueira Sports and Cultural Association, a dynamic group that helps preserve the cultural customs and habits of the village. As for the local cuisine, you can't go wrong with two traditional dishes, the arouquesa veal and the Gralheira kid goat. You can try these dishes, among others, in the village's restaurant. Here, you can also find a small exhibition and sales centre, where you will be able to choose a souvenir to take home with you.

Tourist attractions

Chapel of Felgueira, Parish Church of São Simão, Cabo Mill (Mill Route),



Freixa da Misarela

Nature
Freita Mountain - Natura 2000 Network

River beaches
Pontemieiro River Beach

Parks and gardens
Amarela River Leisure Park

Viewpoints
Lomba Viewpoint

Picnic Spots
Felgueira Picnic Park

Handicrafts and local products
Artfreita

Where to eat
Restaurante Mira Freita

Felgueira Village
Arões - Vale de Cambra
GPS: N 40.838035 O -8.295075



TREBILHADOURO VALE DE CAMBRA

From the architectural heritage of Trebilhadouro, you can get a glimpse of the traditions and customs from days of yore. The village maintains the features of a space that for centuries was focused on farming. Nowadays, the village's agricultural and forest landscape still stands out. Uninhabited for decades, the village still preserves the Portuguese traditional rural house made from granite, a material that can also be found on its roads. The many threshing floors and granaries that can be seen throughout the village remind us of times past, when people were profoundly involved in activities such as threshing, embraced by the songs and the sound of the concertinas and guitars; the pig slaughter or the grape harvest. The community spirit is also very much alive in the use of equipment, such as the public water tank and the fountain. Lost on the hillsides of Freita mountain, it is possible to see the Aveiro estuary from here. The green



dominates these hillsides, which are definitely worth exploring. The pine and eucalyptus trees dominate the surrounding vegetation and the hillside is marked by the terraces, which separate the small farming lands. Take your time exploring this beautiful place, breathe the mountain air and prepare yourself for a good walk!

Tourist attractions

Main Church of São Salvador, Roge Cross, Chapel of Santa Helena, Roge Fountain, Castelo do Mau Vizinho Bridge, Rock Paintings

Interpretation/Information centres

Trebilhadouro Welcome Centre

Water resources

Eng. Duarte Pacheco Dam

Accommodation

Traços D'Outrora, Casa dos Avós, Trebid'ouro

Trebilhadouro Village

Rôge - Vale de Cambra

GPS: N 40.867712 O -8.341881



COUCE VALONGO

An abundant and varied landscape stands out in Couce, a village in Valongo, located between two mountains, Santa Justa and Pias, and bounded by the Ferreira river. Calmly walk along the cobbled streets of this typical small cluster and observe the marks of the past that can be found here, such as the old houses made from quartzite blocks, from the mining activity and the schist. Pay close attention to the particular shape of the walls, which are irregular since they were made from materials taken directly from nature, without any prior processing. Don't miss the opportunity to walk across the Roman bridge and visit the village's chapel. The barns and threshing floors provided support for the local farming activities and, at the same time, were also the local meeting place

of the people, who husked the corn in groups. Be inspired by this old joy, go around the village along its greenest and coolest side, next to the river, and remember that Couce was once inhabited by Romans and their slaves. Set off on an adventure across Santa Justa mountain on one of the three existing hiking trails or take the Ecological Corridor Ecológico that links the Parque da Juventude to Couce village and, afterwards, go on to Pias Mountain. Valongo's gastronomy is rich in traditions, generally inspired by the country's northern flavours. Along with the bread - most of the bread consumed in Porto came from here - the biscuits are one of the local landmarks and should be tasted while having tea or Port wine.



Tourist attractions

Chapel of Couce, Núcleo Museológico da Panificação (Bakery Museológico Group), Pombas Pitfall, Palaeozoic Park of Valongo, Chapel of São Bartolomeu, Chapel of Santa Justa, Capela Nova do Susão, Eixo Antigo, Tomb Square, Cuco Mills, Milhária Bridge

Nature

Santa Justa Mountain, Pias Mountain, Ferreira River

Parks and gardens

Santa Justa Leisure Park

Sports

Ecological Corridor

Entertainment

"Festival in the Village" annual event

Couce Village - Valongo
GPS: N 41.159190 O -8.487048



HISTORICAL AREA OF PASSAGEM

VIANA DO CASTELO

Lugar da Passagem is located in the foothills of Moreira de Geraz do Lima parish, in the riverside area of the Lima river, in the municipality of Viana do Castelo. For centuries, the rural settlement of Passagem assured the ferry crossing between Moreira de Geraz do Lima and Lanheses, which was used for transporting people and goods. Nowadays, both the promotion and interest in ferry and river crossings continue to be one of the main goals of this rural settlement. In the historical Passagem village, the Parish Church, the Prelada Cross, the Marco da Passagem, the anchorage and the river beach are noteworthy, and are seen as examples of a rich cultural, architectural and environmental heritage.



On foot or by bicycle, take the Lima river eco-trail – the Veigas Trail, which links Viana do Castelo to Ponte de Lima and crosses Lugar da Passagem. This rural settlement is a central location for the trails that cross the Lima Valley, whether for the Ribeira de Lima or Romanesque routes or the Way of St. James (Caminho de Santiago) and the gastronomic routes. In the typical cuisine of this village, the lamprey (caught here) and quality “vinhos verdes” do stand out. As for the characteristic handicrafts of the Historical Area of Passagem, the embroidered linen items are noteworthy, as well as the cultural traditions of this place, such as the Grupo Folclórico Trajo Verde de Geraz do Lima (Trajo Verde de Geraz do Lima Folk Dance Group).

On foot or by bicycle, take the Lima river eco-trail – the Veigas Trail, which links Viana do Castelo to Ponte de Lima and crosses Lugar da Passagem

Tourist attractions

Old Anchorage of Passagem, Chapel of Passagem, Chapel of Nossa Sra. das Candeias

River beaches

Passagem River Beach

Picnic spots

Passagem Picnic Park

Where to eat

Candeias: Vinhos & Petiscos

Historical Area of Passagem
 Moreira de Geraz do Lima - Viana do Castelo
 GPS: N 41.723823 O -8.675905



AGRA VIEIRA DO MINHO

A landscape of rare beauty surrounds the Agra village. Located in the foothills of Cabreira mountain, the village is bounded by the Ave river. Take your time walking around this cluster of houses and granite cobbled streets, and let yourself be surprised by the religious details that dot the landscape, such as the shrines, the crosses and the Chapel of São Lourenço itself. In addition to the beautiful natural landscape, which combines the mountain surroundings with a landscape divided by small farming lands and separated by walls and hedges, a legacy of its agricultural past, the village boasts several interesting places that you can't miss the opportunity to see. The hiking trail that will lead you to the Ave Mills or

the interesting Roman Bridge are a must-see! The houses and other architectural works in the village reveal its past and a deeply-rooted rural identity, based on the simplicity and functionality of the forms that definitely deserve a closer look. In the restaurant of Agra, you can enjoy the typical local dishes, with an emphasis on the *barrosã* veal, the kid goat and cabbage with the beans! In order to have more time to fully enjoy this peaceful place, stay at one of the village's accommodation units. If you want to take home a souvenir of this beautiful village, remember that you can also get typical handcrafted pieces made on the spot, mostly weaving and weaving and embroidery, and you can even learn how to make these items - and handmade cheeses - in a workshop in the village!

Tourist attractions

Main Church of Rossas, Rossas Cross (Cruzeiro), Chapel of São Lourenço, Agra Cross, Agra Bridge, Parada Bridge, Ave Mills

Routes and trails

Short Route - Ave Mills

River beaches

Agra River Beach

Handicrafts and local products

Agra Handicraft Workshop

Picnic Spots

Seirrão Picnic Park, Agra Leisure Area

Where to eat

Agra Restaurant



Accommodation

Casa do Travessô, Casa Cruzeiro do Ave, Casa do Boticas, Casa do Delgado, Casa da Eira, Quinta dos Martinhos

Agra Village

Rossas - Vieira do Minho

GPS: N 41.595762 O -8.047954



Set out to discover Campos, a village full of personality, with a rare natural beauty and a vast heritage to enjoy. Embraced by Cabreira Mountain, this well-preserved village has a very distinctive rural identity that will delight each visitor while discovering its streets and green landscape. This is a place to explore at your own pace, while walking along the narrow, rustic, cobbled streets and visiting the heritage amassed over time. The cross, the church, the mills, the Roman bridge and the community oven are a must-see. There are 46 granaries where ears of corn are stored and, after drying and husking, they are given to the livestock and used to make bread! The houses in Campos village, which are good examples of the rural tradition of Minho, have very practical features, since the upper floor is used for housing and the ground floor is reserved for animals and farm chores. The threshing floors, patios and barns are other elements that you can find here and that speak of a past linked to the land and agriculture. More than heritage, lose yourself in the legends and traditions of this community life centre. Afterwards, walk around the village, breathe all the pure air of this mountain environment and discover the ruins of the old tungsten mines hidden by dense vegetation! Also, don't miss the chance to try the local cuisine, in which the *barrosã* veal, the kid goat

CAMPOS VIEIRA DO MINHO



from Minho's highlands, the cheese, the honey and smoked meat do stand out.

Tourist attractions

Main Church of Campos, Chapel of Cambedo, Monte de São João Village, Ruins of the Tungsten Mines, Campos Cross, Roman Bridge (Quebrada), Campos Community Oven

Water resources

Venda Nova Reservoir

Accommodation

Casa do Truta

Campos Village

Campos - Vieira do Minho

GPS: N -41.672564 O -8.009692



ESPINDO VIEIRA DO MINHO

Espindo, with a breathtaking view over Gerês mountain, is a village unlike any other, full of myths and legends ready to be unveiled! Lose yourself along the green slopes of the most mountainous part of the village, where you can find a local landmark: the shelters of the shepherds. These are 19 granite cabins used by shepherds from bygone times to shelter from storms when spending long periods outdoors grazing the herds. Sheep farming, one of the most notable activities in the area, has even more remote origins, as it is shown by Velha da Portela village, a secular settlement where there are still several structures that were once huts and corrals. Don't miss the chance to



admire the more traditional architecture of the village, based on agriculture and sheep farming. As a testimony to this everyday rural life, there are 13 mills and 20 granaries, which can still be seen today. Hiking, motor racing in the Cabreira sections, hunting and mountain biking are other activities that sporadically take over this area. Wine and bread form the staple diet of the village and both are still produced according to traditional rituals: stomping of the grapes in stone presses after harvesting and corn or rye bread made from the cereal ground in one of the 13 watermills! When passing through this traditional village, take some time to fully appreciate the skilful crafting of the lace and linen embroidery.

Tourist attractions

Chapel of Santa Isabel, Espindo Cross, Barroca House, Mills and Granaries, Alagoa Pitfall, huts of shepherds.

Nature

Cabreira Mountain Forest Park

Sports

Mountain Bike Trails in Cabreira Mountain

Picnic Spots

Serradela Picnic Park, Santa Isabel Picnic Park, São Lourenço Picnic Park

Accommodation

Casa da Gaiteira

Espindo Village

Ruivães - Vieira do Minho

GPS: N 41.666242 O -8.054552



The cereals, ground in the village mills, were then made into bread and baked in the community oven, which is also worth a visit

Lamalonga village stands out for its landscape even before you get there. The houses are very closely together, although the natural setting is extensive. This is justified by the practical needs of the past, the way communities used to help each other. The village is the living proof of this *modus vivendi* that is waiting to be discovered. The group of watermills and granaries that can be seen scattered throughout the village, standing out from the group of houses, pay due tribute to the village's dynamics. Lamalonga has a long tradition in growing and processing corn and rye, which is one of the strongest images of this village. The cereals, ground in the village mills, were then made into bread and baked in the community oven, which is also worth a visit. Around Lamalonga, you can enjoy the beautiful and varied landscape, from the coolness of the water to the green of the mountain. The Laje stream or the Venda Nova reservoir, a short distance away, near Cabreira mountain or the beauty of the Carvalhal do Esporão (Oak Grove) are well worth a visit. The cuisine is based on products grown locally and just as in other villages of the region, the handicrafts produced in Lamalonga serve a very practical purpose: linen and embroidery, "croças" made from reeds or rye straw (thatch), these are products that you can take home as a souvenir.

LAMALONGA VIEIRA DO MINHO



Tourist attractions

Chapel of Santo António, Group of Watermills and Granaries, Codeço Hill Fort, Lamalonga Cross, Lamalonga Community Oven

Nature

Esporão Oak Grove, Santo António Oak Grove

Picnic Spots

Esporão Oak Grove Picnic Park

Accommodation

Casa Baixo do Eido

Lamalonga Village

Campos - Vieira do Minho

GPS: N 41.670184 O -7.999408



LOUREDO VIEIRA DO MINHO

Louredo is part of Vieira do Minho and such picturesque identity from Minho is evident in the typical houses in the village. The granite is king and reigns in the houses and streets. However, do not think for a moment that for this reason the village is covered in grey. Doors and windows with wooden frames are painted in a colour known as "bull's blood", a bright colour that marks the village's personality. The setting of Louredo could not be better: located in the foothills of Cabreira mountain, the village is set on a green slope, bordered by the Cávado river, where it converges with the Caniçada dam, right in front of Gerês mountain. In order to better enjoy this small haven of tranquillity, stay at one of the

rural tourism units. Serving as support structure for the entire village people, an old restored press is now a leisure area with two swimming pools, a café, a games room and a gym. If you prefer more traditional activities, the village has a handicraft workshop where you can learn everything there is to know about linen, from the moment it is planted to weaving and embroidery. In the Arte-Agra handicraft centre other crafts are also developed, such as sangarinho basketry, a very unique product of which very few examples remain. Spend your energy walking around the village and its green surroundings, for there will be no shortage of delights to help you regain the calories burned:

barrosã veal, kid goat from Minho's highlands and cheese from Cabreira mountain, which you can taste at Louredo's restaurant.

Tourist attractions

Chapel of Senhora da Guia, Alminhas do Sudro

Nature

Cabreira Mountain, Caniçada Reservoir, Gerês Mountain

Water resources

Salamonde Dam, Louredo Waterfall

Handicrafts and local products

Arte-Agra Handicraft Centre

Accommodation

Houses in the Tourist Village of Louredo (Casa do Caseiro, Casa do Celeiro, Casa da Cabana, Casa do



Palheiro, Casa S. Francisco, Casa D. Margarida)

Entertainment

Vieira do Minho Tourist Boat, Boat Tour along the Caniçada Reservoir

Louredo Village

Louredo - Vieira do Minho

GPS: N 41.679136 O -8.128747



FREIXIEL VILA FLOR

Freixiel village is located at an altitude of 350 meters, between two small hills, at the bottom of a valley surrounded by Folgares, Cabreira, Mós, Pessegueiro and Vieiro mountains. The Freixiel valley was inhabited since prehistoric times, as it is evidenced by the relevant vestiges that were found: the Hill Fort, the Salgueiral Necropolis, the fountain, the Roman press and the ruins of a Mediaeval Bridge. The history of the village is recounted by its heritage, which is worth a closer look: the Pillory, property of public interest, and the Gallows, also classified as a property of public interest, which is the only example in Portugal and a reminder of the days of the death penalty. While walking around the narrow streets of the



village, notice the granite houses with flowery balconies and admire the landscape marked by the olive groves and the vineyards: you are in the Douro Demarcated Region! Pay close attention to the manor houses emblazoned with coats of arms, one of which has a Manueline window, and visit the village's Ethnographic Museum. Freixiel has a wine cellar with a Douro wine and "Porto Caúinho" wine tasting room. Try it! In the village, you can also find the studio of the painter Graça Morais, a parish's daughter, who often found in Freixiel the inspiration to create her works of art. As a land of stories, there are a few stories that will catch your attention, such as "The Legend of the Castle" (a story about an enchanted

rock in the Freixiel hill fort) and "The Legend of the Olive Grove" (a story about a fountain where an enchanted Moorish woman lived).

Tourist attractions

Main Church of Freixiel (Church of Santa Maria Madalena), Pillory of Freixiel, Old Freixiel's Gallows, Chapel and cross of the Holy Christ, Chapel of Senhora do Rosário, Casa do Conde, Old Fountain, Ethnographic Museum

Viewpoints

Freixiel's Gallows Viewpoint

Where to eat

"Porto Caúinho" Wine Tasting Room

Freixiel Village

Freixiel - Vila Flor

GPS: N 41.315934 O -7.247872



Located in the foothills of Covas and Arga mountains, Covas village is crossed by the Coura river. Its foundation dates back to mediaeval times, having been occupied by various peoples in ancient times, as evidenced by the vestiges of a farming hill fort, the remains of a wall and the vestiges of a mining complex found in Furado Hill. If you want to spend a few quiet days in the village, you can choose to stay at the Covas Campsite: this will most certainly be the best option if you wish to be close to nature! While walking around the village, take a closer look at Casa do Carboal or Casa de Covas, the Parish Church, the Chapel of Santa Marinha and the Chapel of São Gregório (15th/16th centuries), the Chapel of Santa Luzia (16th/18th centuries) and the Cross of Nossa Senhora da Piedade (18th century). Don't miss the opportunity to climb to the top of Alto das Broas and Lapa Grande to enjoy the beauty of the region! Admire the Pagade Watermills, in the waters of the Coura river and have a picnic at the picnic park. Hike along the Ribeira de Covas Interpretation Trail on foot, an itinerary along the Couro river, with stunning landscapes and which is suitable for all the family. If you are a nature lover, there are several mountain tourism activities waiting for you, namely, mountain climbing and interpretation of the territory. Be adventurous! Try the trout and the "cozido à Portuguesa" (Portuguese

COVAS

VILA NOVA DE CERVEIRA



stew made of boiled meat with vegetables), the main typical dishes of Covas. Take some typical village handicrafts, characterized by ironwork, home with you.

Tourist attractions

Main Church of Covas, Casa de Covas, Chapel of Nossa Senhora da Piedade, Chapel of São Gregório

Routes and trails

Ribeira de Covas Interpretation Trail

Viewpoints

Costa das Pardelhas Viewpoint

Water resources

Covas Dam/Hydroelectric Power Plant

Covas Village

Covas - Vila Nova de Cerveira

GPS: N 41.884982 O -8.696880



FREIXO DE NUMÃO

VILA NOVA DE FOZ CÔA

Freixo de Numão has a breathtaking view. Located on a plateau, surrounded by green mountains and with the Douro river down below, this is a place of rare beauty and a true delight to the senses. The vineyards that stretch as far as the eye can see and the group of granite houses, as rough as the terrain, are also landmarks of the village. The cluster of houses set very closely together stands out against the green surroundings of the village. The main focus here is the quality wine that is produced in these lands. From several points in the village, you can enjoy the viewpoints that offer views over the breathtaking landscape. After roaming around the village, where you will see its rural features and the several noble buildings, take the Archaeological Circuit Hiking Trail. The tungsten mines, the Coladreira and Rumansil archaeological sites are only a short distance away and bear witness to the passage of time here. However, in Freixo de Numão there is no shortage of cultural and leisure activities either. The Casa Grande Museum – of Archaeology and Ethnology, integrated in the Portuguese Museums Network, as well as its Library are a must-see. As the natural surroundings whet your appetite, you will surely want to taste the delicious typical dishes made of pork and poultry meat, the famous



“enchidos” (typical Portuguese smoked sausages) and the local products, such as almonds, olive oil and, since you are in this region, the inevitable fine wine and table wine. As for the handmade works, the tinwork and ironwork are the most traditional trades in the village.

Tourist attractions

Casa Grande Museum, Núcleo Museológico Casa Moutinho, Town Hall, Freixo de Numão Prison, Old Castle, Manueline Window, Bica Fountain, Fountain of the Sapo water tank, Main Church of Freixo de Numão, Roman Cobbled Street of Freixo de Numão, Prazo Archaeological Site, Rumansil I Archaeological Site, Pillory of Freixo de Numão, Chapel of Nossa Senhora da Carvalha, Chapel of São Sebastião

Typical houses and important buildings

Casa Brasonada de Freixo de Numãos, Justice House, Casa Grande de Freixo de Numão, Casa de Fidalgos

Routes and trails

Freixo de Numão Archaeological Circuit

Viewpoints

Senhora da Carvalha Viewpoint, Old Castle Viewpoint

Cooperative Wine Cellars

Cooperativa de Viticultura e Olivicultores de Freixo de Numão (Wine-growing and Olive-growing Cooperative of Freixo de Numão)

Freixo de Numão Village

Freixo de Numão - Vila Nova de Foz Côa

GPS: N 41.067439 O -7.222153



TRESMINAS

VILA POUÇA DE AGUIAR

For centuries, Tresminas village was dominated by mining, due to the gold mines that the Romans had in the village, considered the largest in Europe. As a result of this activity, the Romans left several marks in the area, such as a complex system of underground galleries. Therefore, you can't miss the opportunity to take the Gold Mines Route that goes through the Roman Mine Complex of Tresminas. However, there are also striking features from more recent times that shaped Tresminas: the mediaeval church, dating from the 9th century, prior to the foundation of the nation, is a monument worth visiting. The granite and schist houses exhibit the traditional features of the region.

The Interpretation Centre of Tresminas is located in the centre of the village. Here, you can visit exhibitions dedicated to the Roman and mining heritage of the region and also the natural heritage, with abundant flora and fauna. You can also buy the region's typical handicrafts. The rich nature that surrounds the entire village also deserves your attention, as the Archaeological Park of Tresminas has abundant flora and fauna, due to the surrounding landscape. The typical restaurant "Tasca do Chico", included in the local network of taverns, serves the village's most traditional products: mushrooms, chestnuts and wild goat. The best time to visit Tresminas is during the lively Roman Gold Festival, which is more than just a Roman fair. It is actually a celebration that recreates the environment of that mining exploration period.

Tourist attractions

Roman Mine Complex of Tresminas,
Archaeological Park of Tresminas,
Romanesque Church of Tresminas,
Romanesque Tomb

Routes and trails

Gold Mines Route

Interpretation/Information centres

Interpretation Centre of Tresminas

Picnic Spots

São Miguel Picnic Park

Where to eat

A Tasca do Chico

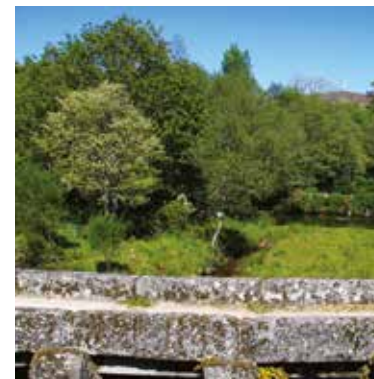


Tresminas Village
Tresminas - Vila Pouca de Aguiar
GPS: N 41.480200 O -7.517433

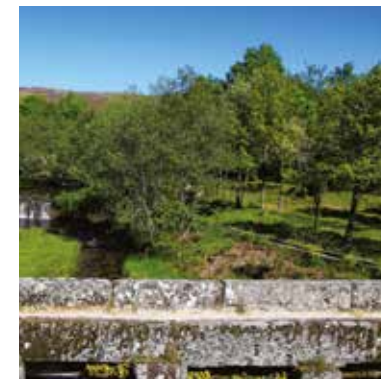


LAMAS D'OLO VILA REAL

Lamas d'Olo, a village of the municipality of Vila Real, is a jewel that can be found right in the heart of the Alvão Natural Park. As soon as you arrive, the granite group of houses, many of which still have thatched roofs, immediately stands out. The strong rural image of these old houses is complemented by the granaries, which are scattered throughout the village and are well worth a visit. In addition to the Alvão Natural Park, which surrounds it, Lamas d'Olo is also surrounded by marshes and cultivated fields with unique features. Let yourself be dazzled by this example of rural Portugal and see how the land is irrigated, thus allowing year-round grazing. In fact, and to this day, the



animals still play a vital role in this area, where herding is a common activity. While visiting Lamas d'Olo, you will see that daily life mimics the traditions from other times. Immerse yourself in nature and be ready to take one of the many hiking trails, which are identified and signposted. The water is also an essential element in the life of this small village: nearby, there are two dams - Cimeira and Fundeira do Alvão - with two reservoirs from where the high peaks of Marão and Alvão can be seen. Don't miss the chance to visit the Lamas d'Olo Viewpoint and the Cimeira Dam Picnic Park. Just a few kilometres away, one the largest waterfalls in Portugal, the Fiskas do Ermelo, is also worth a visit.



Tourist attractions Rural Architecture of the Village - Thatched Roofs

Nature
Alvão Natural Park, Reservoirs of Cimeira and Fundeira do Alvão Dams, Fiskas do Ermelo waterfall

Viewpoints Lamas d'Olo Viewpoint

Lamas d'Olo Village
Lamas d'Olo - Vila Real
GPS: N 41.371803 O -7.795010



GONDOMAR VILA VERDE

The Fojo do Lobo (Wolf Pit), classified as a monument of municipal interest, is the landmark of this area. This is one of the best-preserved wolf pits in the country and one of the largest in the Iberian Peninsula

Gondomar village is located on the slopes of Mixões Mountain, in the municipality of Vila Verde. This village has several archaeological vestiges, especially from the prehistoric era, such as a barrow in Barrete Hill and a mediaeval Christian grave near the church. Enjoy the landscape characterized by terraces and green fields, oak groves and broom! In the village, admire the well-preserved heritage: the Cross (one of oldest in the municipality of Vila Verde), the Bandstand (Coreto) and the church of Nossa Senhora da Assunção, a group of rustic/rural houses, which form the centre of this typical village of Minho, the granaries and the threshing floor house. The Wolf Pit, classified as a monument of municipal interest, is the



landmark of this area. This is one of the best-preserved wolf pits in the country and one of the largest in the Iberian Peninsula. The sweetheart handkerchiefs (lenços dos namorados), one of the typical regional handicrafts, are the perfect souvenir to take home with you!

Tourist attractions

Church of Gondomar, Eira House, Gondomar Cross, Fojo do Lobo (Wolf Pit)

Nature

Mixões Mountain

Accommodation

Casa da Capucha

Gondomar Village

Gondomar - Vila Verde

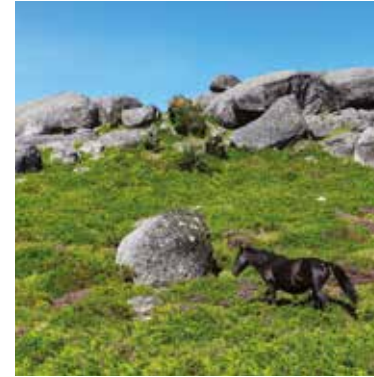
GPS: N 41.743353 O -8.363418



SANTO ANTÓNIO DE MIXÕES DA SERRA

VILA VERDE

Santo António de Mixões da Serra is a genuine village located in the parish of Valdreu, which is part of the municipality of Vila Verde. The village is characterized by the typical group of granite houses of Minho, which were restored and have elements linked to traditional farming activities. The pillory and the granaries, used in olden days for drying and storing grain, are also noteworthy. Unravel the history of the Church of Santo António de Mixões da Serra and climb the staircase that leads to a fascinating viewpoint with an image of St. Anthony. Admire the lush fields dotted with grazing animals: there is a good chance that you will see wild horses



Admire the green fields dotted with grazing animals: it's very likely that you will see wild horses grazing freely

roaming free! Enjoy the leisure area, which invites you to enjoy pleasant picnics with the family and regain your energy while breathing the pure mountain air! If you are a fan of adventures, take the Mixões Mountain Route, a tourist cycle route designed for mountain biking (approximately 26 kilometres long), the great part of it along forest trails. The village's main event is the century-old Blessing of the Animals (Benção dos Animais), which takes place in June in the famous Shrine of Santo António de Mixões da Serra. This is a tradition that dates back to the 17th century and takes thousands of people to Mixões da Serra.

Tourist attractions

Shrine of Santo António de Mixões da Serra

Nature

Mixões Mountain

Viewpoints

Santo António de Mixões da Serra Viewpoint

Sports

Mixões Mountain Route - Tourist cycle route /Mountain Biking

Entertainment

Blessing of the Animals (Benção dos Animais)

Santo António Mixões da Serra Village
Valdreu - Vila Verde
GPS: N 41.758604 O -8.324026



SÃO JOANICO VIMIOSO



São Joanico is located on the banks of the Angueira river and is part of Vale de Frades parish, in the municipality of Vimioso. In this typical village of Trás-os-Montes, the Romanesque Bridge, the village landmark, and the community mills, which were once used to grind the grain to make bread, are definitely worth visiting. Visit the Parish Church of São Joanico (18th century), the Fonte do Mergulho (Dipping Well, where jugs were dipped and filled with water), the Crosses and the Threshing Floor Tank. Go to the São Joanico river beach, the perfect place for a family picnic and to spend some time fishing or just being lazy! Lose yourself in nature, walk through the broom and heather and dive into the crystal waters of the

natural pools! Taste the flavours of São Joanico: the chestnuts, the mushrooms, the smoked meat and the crayfish. Just like old times, the village continues to subsist mainly from agriculture and fishing, while maintaining the traditions of other times: the donkey preservation is one of them. São Joanico village was chosen to be gateway to the Iberian Nature and Adventure Park, a project aimed at valuing the traditions, knowledge and the local products of the people of Angueira, São Joanico and Serapicos.

Tourist attractions

Community Mills, São Joanico Bridge, Church of São Joanico, Atalaia Tower

Interpretation/Information centres

The Iberian Nature and Adventure Park

Nature

Angueira River

Spas

Terronha Spas

Picnic Spots

São Joanico Picnic Park

Entertainment

Coordenadas D'Aventura

São Joanico Village

São Joanico - Vimioso

GPS: N 41.609034 O -6.470069

ALFÂNDEGA DA FÉ**TOURISM OFFICE**

Largo de S. Sebastião
tel.:+351 279 462 739
e-mail: turismo.alfandegafe@gmail.com
www.cm-alfandegadafe.pt

ALIJO**TOURISM OFFICE**

Avenida 25 de abril
tel.:+351 259 950 095
e-mail: turismo@cm-alijo.pt
http://turismo.cm-alijo.pt/

AMARANTE**INTERACTIVE TOURIST SHOP**

Largo Conselheiro António Cândido
tel.:+351 255 420 246
e-mail: turismo@cm-amarante.pt
www.cm-amarante.pt/turismo/

AMARES**INTERACTIVE TOURIST SHOP**

Av. Afonso Manuel Pereira de Azevedo,
nº 211 - Caldelas
tel.:+351 253 368 540
e-mail: geral@municipioamares.pt
www.cm-amares.pt

ARCOS DE VALDEVEZ**TOURISM OFFICE - SOAJO**

Junta de Freguesia
Lugar do Eiró, Soajo
Tel: +351 258 576 747
e-mail:
jf-soajo@freguesiasdeportugal.com
www.cmav.pt

INTERACTIVE TOURIST SHOP

Rua Prof. Dr. Mário Júlio Almeida
Costa
tel.:+351 258 520 530
e-mail:
pit.arcosvaldevez@portoenoeste.pt
www.cmav.pt

AROUCA**INTERACTIVE TOURIST SHOP**

Rua Abel Botelho, nº4
tel.:+351 256 940 258
e-mail: turismo@aroucageopark.pt
www.cm-arouca.pt

BAIAO**INTERACTIVE TOURIST SHOP**

Jardim Dr. José Teixeira da Silva
tel.:+351 255 540 562
e-mail: turismo@cm-baiao.pt
www.cm-baiao.pt

BOTICAS**INTERACTIVE TOURIST SHOP**

Rua Gomes Monteiro, nº3
tel.:+351 276 410 200
e-mail: turismo@cm-boticas.pt
www.cm-boticas.pt

BRAGANÇA**TOURISM OFFICE**

Avenida Cidade de Zamora
Tel: +351 273 381 273
e-mail: turismo@cm-braganca.pt
www.cm-braganca.pt

INTERACTIVE TOURIST SHOP

Rua Abílio Beça, 104
Tel: +351 273 304 200

e-mail: cmb@cm-braganca.pt
www.cm-braganca.pt

CABECEIRAS DE BASTO**TOURISM OFFICE**

Praça da Republica, nº203
tel.:+351 253 669 100 / 253 669 070
e-mail: pturismo@cabeceirasdebasto.pt
http://cabeceirasdebasto.pt

CAMINHA**INTERACTIVE TOURIST SHOP**

Praça Conselheiro Silva Torres
tel.:+351 258 921 952
e-mail: turismo@cm-caminha.pt
www.caminhaturismo.pt

CARRAZEDA DE ANSIÃES**INTERACTIVE TOURIST SHOP**

Praça do CITICA
tel.:+351 278 098 507
e-mail: lit@cmca.pt
www.cmca.pt

CELORICO DE BASTO**INTERACTIVE TOURIST SHOP**

Praça Cardeal D. António Ribeiro
tel.:+351 255 323 100
e-mail:
lojaturismo@cm-celoricodebasto.pt
www.mun-celoricodebasto.pt

CINFÃES**INTERACTIVE TOURIST SHOP**

Capitão Salgueiro Maia – Quinta do Aido
tel.:+351 255 561 051
e-mail: turismo@cm-cinfaes.pt
www.cm-cinfaes.pt
www.redescobrircinfaes.pt

FAFE**INTERACTIVE TOURIST SHOP**

Praça 25 de Abril
tel: +351 253 504 294 / 962 118 946
e-mail: geral@cm-fafe.pt
www.cm-fafe.pt

FELGUEIRAS**INTERACTIVE TOURIST SHOP**

Casa das Torres
Av. Dr. Magalhães Lemos, nº23
tel.:+351 255 925 468
e-mail:
lojadeturismo@cm-felgueiras.pt
www.cm-felgueiras.pt

FREIXO DE ESPADA À CINTA**TOURISM OFFICE**

Praça Jorge Alvares
Edifício Biblioteca Municipal
tel.:+351 279 653 480
e-mail: turismo@cm-fec.pt
www.cm-freixoespadacinta.pt

GONDOMAR**INTERACTIVE TOURIST SHOP**

Travessa da Convenção de Gramido,
nº41
tel.:+351 224 664 310
e-mail: turismo@cm-gondomar.pt
www.cm-gondomar.pt

MACEDO DE CAVALEIROS**TOURISM OFFICE**

Casa Falcão
Largo Manuel Pinto de Azevedo
tel.:+351 278 426 193
e-mail:
turismo@cm-macedodecavaleiros.pt

www.cm-macedodecavaleiros.pt

MARCO DE CANAVESES**INTERACTIVE TOURIST SHOP**

Alameda Dr. Miranda da Rocha
tel.:+351 255 538 800
e-mail:
loja.turismo@cm-marco-canaveses.pt
www.marcodecanaveses.pt

MELGAÇO**INTERACTIVE TOURIST SHOP**

Praça da Republica nº 133
tel.: 251 402 440
e-mail: turismo@cm-melgaço.pt
www.cm-melgaço.pt

MESÃO FRIO**TOURISM OFFICE**

Av. Conselheiro José Maria Alpoim,
nº432
tel.:+351 933 911 043
e-mail: turismo@cm-mesaofrio.pt
www.cm-mesaofrio.pt

MIRANDA DO DOURO**TOURISM OFFICE**

Largo do Menino Jesus da Cartolinha
tel.:+351 273 431 132
e-mail: turismo@cm-mdouro.pt
www.cm-mdouro.pt

MIRANDELA**TOURISM OFFICE**

Rua D. Afonso III (next to CP Station
building)
tel.:+351 278 203 143
e-mail:
postodeturismo@cm-mirandela.pt

www.cm-mirandela.pt

MOGADOURO**INTERACTIVE TOURIST SHOP**

Avenida dos Comandos
tel.:+351 279 340 501
e-mail:
camaramogadouro@mail.telepac.pt
www.cm-mogadouro.pt

MONÇÃO**INTERACTIVE TOURIST SHOP**

Praça Deu-la-Deu Martins
tel.:+351 251 649 013
e-mail: turismo@cm-moncao.pt
www.cm-moncao.pt

MONDIM DE BASTO**INTERACTIVE TOURIST SHOP**

Praça do Município
tel.:+351 255 389 370
e-mail: turismo@cm-mondimdebasto.pt
www.cm-mondimdebasto.pt

MONTALEGRE**INTERACTIVE TOURIST SHOP**

Ecomuseo de Barroso - Espaço Padre
Fontes – Terreiro do Açougue, nº11
tel.:+351 276 510 203
e-mail: turismo@cm-montalegre.pt
www.cm-montalegre.pt

OLIVEIRA DE AZEMÉIS**INTERACTIVE TOURIST SHOP**

Rua. Dr. Ernesto Soares dos Reis,
nº156
tel.:+351 256 674 463
e-mail: turismo@cm-oaz.pt
www.cm-oaz.pt

PAREDES

INTERACTIVE TOURIST SHOP

Largo da Estação, nº227
tel.:+351 255 788 952
e-mail: turismo@cm-paredes.pt
www.cm-paredes.pt

PAREDES DE COURA

INTERACTIVE TOURIST SHOP

Largo Visconde de Moselos - Ap. 6
tel.:+351 251 780 100
e-mail:
contacto@cm-paredes-coura.pt
www.cm-paredes-coura.pt

PENAFIEL

INTERACTIVE TOURIST SHOP

Largo Padre Américo
tel.:+351 255 710 702
e-mail:
turismo.penafiel@cm-penafiel.pt
www.cm-penafiel.pt

PENEDONO

INTERACTIVE TOURIST SHOP

Praça 25 de Abril
tel. 254 508 174 / 925 200 170
e-mail: turismo@cm-penedono.pt
www.cm-penedono.pt

PONTE DA BARCA

INTERACTIVE TOURIST SHOP

Rua Conselheiro Rocha Peixoto, nº9
tel.:+351 258 455 246
e-mail:
pit.pontedabarca@portoenorhte.pt
www.cmpb.pt

PONTE DE LIMA

INTERACTIVE TOURIST SHOP

Torre da Cadeia Velha, Passeio 25 de Abril, nº29/ tel.:+351 258 240 208
e-mail:
lojaturismo@cm-pontedelima.pt
www.cm-pontedelima.pt

PÓVOA DE LANHOSO

TOURISM OFFICE

Largo Barbosa e Castro
tel.:+351 253 639 708
e-mail: turismo@mun-planhoso.pt
www.mun-planhoso.pt

RIBEIRA DE PENA

TOURISM OFFICE

Praça do Município
tel.:+351 259 490 500
e-mail: geral@cm-rpena.pt
www.cm-rpena.pt

SABROSA

INTERACTIVE TOURIST SHOP

Rua do Loreto
tel.:+351 259 939 575
e-mail: turismo@cm-sabrosa.pt
www.sabrosa.pt

SANTA MARIA DA FEIRA

INTERACTIVE TOURIST SHOP

Rua Dr. Roberto Alves, nº52
tel.:+351 256 370 802
e-mail: gab.turismo@cm-feira.pt
www.cm-feira.pt

SÃO JOÃO DA PESQUEIRA

INTERACTIVE TOURIST SHOP

Avenida Marques de Soveral, nº99

tel.:+351 300 400 996
e-mail: turismo@sjpesqueira.pt
www.sjpesqueira.pt

SERNANCELHE

INTERACTIVE TOURIST SHOP

Av. Doutor Oliveira Serrão, nº6
tel.:+351 254 598 300
e-mail: sasc@cm-sernancelhe.pt
www.cm-sernancelhe.pt

TABUAÇO

INTERACTIVE TOURIST SHOP

Rua Conde Ferreira
tel.:+351 254 789 049
e-mail: pturismotabuaco@iol.pt
www.cm-tabuaco.pt

TERRAS DE BOURO

TOURISM OFFICE

Av. Dr. Paulo Marcelino, nº33
tel.:+351 253 351 404
e-mail: turismo@cm-terrasdebourto.pt
www.cm-terrasdebourto.pt

TORRE DE MONCORVO

INTERACTIVE TOURIST SHOP

Rua dos Sapateiros, nº15
tel.:+351 279 252 289
e-mail: turismo@torredemoncorvo.pt
www.torredemoncorvo.pt

VALE DE CAMBRA

INTERACTIVE TOURIST SHOP

Av. Camilo Tavares de Matos, nº458
tel.:+351 256 420 510
e-mail: geral@cm-valedecambra.pt
www.cm-valedecambra.pt

VALONGO

INTERACTIVE TOURIST SHOP

Rua de S. Mamede, s/n
tel.:+351 222 426 490
e-mail: turismo@cm-valongo.pt
www.cm-valongo.pt

VIANA DO CASTELO

TOURISM OFFICE

Viana Welcome Center
Praça do Eixo Atlântico
tel.:+351 258 098 415
e-mail: www@vivexperiencia.pt
https://www.facebook.com/
vivexperiencia.pt

VIEIRA DO MINHO

INTERACTIVE TOURIST SHOP

Praça do Bombeiro Voluntario
tel.:+351 253 649 240
e-mail: postodeturismo@cm-vminho.
pt
www.cm-vminho.pt

VILA FLOR

TOURISM OFFICE

Largo Doutor Alexandre de Matos
tel.:+351 278 512 373
e-mail: geral@vilafior.pt
www.cm-vilafior.pt

VILA NOVA DE CERVEIRA

INTERACTIVE TOURIST SHOP

Praça do Município
Edifício Casa do Turismo
tel.:+351 251 708 023
e-mail: turismo@cm-vncerveira.pt
www.cm-vncerveira.pt

VILA NOVA DE FOZ CÔA

TOURIST INFORMATION CENTRE

Av. Gago Coutinho e Sacadura Cabral,
nº9/13
tel.:+351 279 760 329
e-mail: turismo@cm-fozcoa.pt
www.cm-fozcoa.pt

VILA POUCA DE AGUIAR

INTERACTIVE TOURIST SHOP

Av. Lopes Oliveira - Pedras Salgadas
tel.:+351 259 439 000
email: turismo@cm-vpaguiar.pt
www.cm-vpaguiar.pt

VILA REAL

INTERACTIVE TOURIST SHOP

Av. Carvalho Araujo, nº94
tel.:+351 259 308 170
e-mail: geral@cm-vilareal.pt
www.cm-vilareal.pt

VILA VERDE

INTERACTIVE TOURIST SHOP

Praça da Republica
tel.:+351 253 310 582
e-mail:
posto.turismo@cm-vilaverde.pt
www.cm-vilaverde.pt

VIMIOSO

TOURISM OFFICE

Largo Mendo Rufino
tel.:+351 273 518 120
e-mail: gi.cmv@cm-vimioso.pt
www.cm-vimioso.pt

PORTO WELCOME CENTRE

Praça Almeida Garrett, nº27
tel.:+351 258 820 270
e-mail: loja.pwc@portoenorhte.pt
www.portoenorhte.pt

AEROPUERTO DE SÁ CARNEIRO

INTERACTIVE TOURIST SHOP

Aeroporto do Porto - Pedras Rubras
tel.:+351 258 820 270
e-mail: loja.aeroporto@portoenorhte.pt
www.portoenorhte.pt

SANTIAGO DE COMPOSTELA

INTERACTIVE TOURIST SHOP

Rua do Vilar 30-32 - Baixo D
Santiago de Compostela - Espanha
tel.: +34 981 565 590
e-mail: loja.santiago@portoenorhte.pt
www.portoenorhte.pt

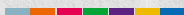


ALDEIASDEPORTUGAL

ATA - Associação do Turismo da Aldeia
Praça da República, 15
4990-062 Ponte de Lima
tel.: 258 931 770
aldeiasdeportugal@ata.pt

www.aldeiasportugal.pt

porto**norte** TEM



Turismo do Porto e Norte
de Portugal, E.R.
Castelo de Santiago da Barra
4900-360 Viana do Castelo
Portugal



www.portoenorte.pt

turismo@portoenorte.pt
tel.: +351 258 820 270
edition@tpnp '18

Cofinanciamento

NORTE2020
PROGRAMA OPERACIONAL REGIONAL DO NORTE

PORTUGAL
2020

 UNIÃO EUROPEIA
Fundo Europeu
de Desenvolvimento Regional